

**STAR Health Webinar Recording:
Child Nutrition: Obesity and Malnutrition Quiz**

1. Obesity is a chronic condition involving an excessive amount of body fat.

True
False
2. Body Mass Index (BMI) is a number calculated from a person's weight and height.

True
False
3. A factor contributing to obesity is a lack of physical activity.

True
False
4. Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related issues.

True
False
5. What causes obesity?
 - a. Lack of sleep
 - b. Physical inactivity
 - c. Unhealthy diet and eating habits
 - d. All of the above

Answer Key:

1. True
2. True
3. True
4. True
5. D