

GIRLS AND THEIR WEIGHT

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GRADE 7



I CHOSE THIS TOPIC BECAUSE I WANT TO KNOW HOW GIRLS TAKE CARE OF THEIR WEIGHT AND HEALTH AND SEE HOW WE CAN HELP.



MY RESEARCH QUESTION WAS:

What do girls think about their weight?

This is how I did my research...



- I wrote a questionnaire for grades 6, 7, 8 and 9.
- I asked permission from Mrs. Samia and the girls.
- I conducted a group interview with grades 6, and 8 and 9.
- Grade 7 girls filled it out individually.
- There were 12 girls in total.
- This is what I found...

HOW DO YOU THINK GIRLS FEEL ABOUT THEIR WEIGHT IN OUR SCHOOL ?

Don't Care	It Depends	Care
5	4	3



HOW OFTEN DO YOU THINK ABOUT YOUR WEIGHT?

Every Day	Every Week	Every month	Never
9	0	0	3

WHY DO GIRLS WORRY ABOUT THEIR WEIGHT ?

- Don't want to be fat
- They look disgusting when fat
- Show others they are thin
- So that don't speak about me
- Boys care ×3
- Feel pretty × 3
- Feel satisfied
- To be Thin
- Health problems



HOW DO YOU TAKE CARE OF YOUR WEIGHT?

- Not To eat a Lot × 2
 - No eating junk food ×2
 - No eating sweets ×2
 - Doing sports
 - Organize your food × 3
 - I don't care ×2

WHAT DO YOU EAT DURING BREAK?

Sandwich	Chocolate	man2kousha	croissant	Baton sale	water
4	2	2	2	2	1

WHEN DO YOU EAT A LOT?

When we are bored,
Sitting home and stressed.



DOES EXERCISE HELP YOU TO LOSE WEIGHT?



Yes 11

WHAT HEALTHY FOOD CAN HELP YOU LOSE YOUR WEIGHT?



- Salads
- fruits
- Bananas
- Apples
- Grape fruit
- Oranges
- Vegetables
- Natural juice
- Hindbi

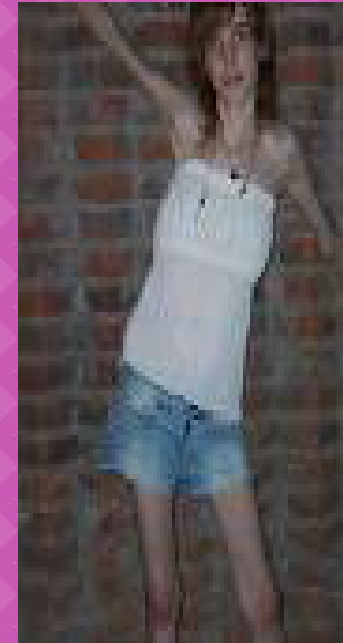
CONCLUSION

- Most girls think about their weight everyday
- Half of the girls said that they thought about their weight, while a few said that it depends and they do not always think about it.
- There were many reasons why girls care about their weight , but the main one was because they don't want to look fat, they want to look nice in front of boys and feel pretty .

RECOMMENDATIONS

- Exercise: To have more sports in P.E , afterschool and during break
- Food in school: sell fruits in the cafeteria

DANGERS OF CARING TOO MUCH



NOT CARING OF THEIR WEIGHT

