

Table 1. Mean (SD) age, height, weight, and body mass index (BMI) of the 100 children in the sample

Measure	Mean (SD)
Age (years)	10.1 (0.5)
Height (cm)	145.2 (10.1)
Weight (kg)	38.5 (10.2)
BMI (kg m ⁻²)	18.6 (3.2)

Table 2. Mean (SD) scores on the 100 children in the sample

Measure	Mean (SD)
Age (years)	10.1 (0.5)
Height (cm)	145.2 (10.1)
Weight (kg)	38.5 (10.2)
BMI (kg m ⁻²)	18.6 (3.2)
Reading age (years)	10.1 (0.5)
Verbal IQ (M)	100 (15)
Nonverbal IQ (M)	100 (15)
Reading comprehension (M)	100 (15)
Spelling (M)	100 (15)
Mathematics (M)	100 (15)
Science (M)	100 (15)
History (M)	100 (15)
Geography (M)	100 (15)
Art (M)	100 (15)
Music (M)	100 (15)
Physical education (M)	100 (15)
Health (M)	100 (15)
Environment (M)	100 (15)
Social studies (M)	100 (15)
Language arts (M)	100 (15)
Mathematics (M)	100 (15)
Science (M)	100 (15)
History (M)	100 (15)
Geography (M)	100 (15)
Art (M)	100 (15)
Music (M)	100 (15)
Physical education (M)	100 (15)
Health (M)	100 (15)
Environment (M)	100 (15)
Social studies (M)	100 (15)
Language arts (M)	100 (15)

Table 3. Mean (SD) scores on the 100 children in the sample

Measure	Mean (SD)
Age (years)	10.1 (0.5)
Height (cm)	145.2 (10.1)
Weight (kg)	38.5 (10.2)
BMI (kg m ⁻²)	18.6 (3.2)
Reading age (years)	10.1 (0.5)
Verbal IQ (M)	100 (15)
Nonverbal IQ (M)	100 (15)
Reading comprehension (M)	100 (15)
Spelling (M)	100 (15)
Mathematics (M)	100 (15)
Science (M)	100 (15)
History (M)	100 (15)
Geography (M)	100 (15)
Art (M)	100 (15)
Music (M)	100 (15)
Physical education (M)	100 (15)
Health (M)	100 (15)
Environment (M)	100 (15)
Social studies (M)	100 (15)
Language arts (M)	100 (15)
Mathematics (M)	100 (15)
Science (M)	100 (15)
History (M)	100 (15)
Geography (M)	100 (15)
Art (M)	100 (15)
Music (M)	100 (15)
Physical education (M)	100 (15)
Health (M)	100 (15)
Environment (M)	100 (15)
Social studies (M)	100 (15)
Language arts (M)	100 (15)

Table 4. Mean (SD) scores on the 100 children in the sample

Measure	Mean (SD)
Age (years)	10.1 (0.5)
Height (cm)	145.2 (10.1)
Weight (kg)	38.5 (10.2)
BMI (kg m ⁻²)	18.6 (3.2)
Reading age (years)	10.1 (0.5)
Verbal IQ (M)	100 (15)
Nonverbal IQ (M)	100 (15)
Reading comprehension (M)	100 (15)
Spelling (M)	100 (15)
Mathematics (M)	100 (15)
Science (M)	100 (15)
History (M)	100 (15)
Geography (M)	100 (15)
Art (M)	100 (15)
Music (M)	100 (15)
Physical education (M)	100 (15)
Health (M)	100 (15)
Environment (M)	100 (15)
Social studies (M)	100 (15)
Language arts (M)	100 (15)
Mathematics (M)	100 (15)
Science (M)	100 (15)
History (M)	100 (15)
Geography (M)	100 (15)
Art (M)	100 (15)
Music (M)	100 (15)
Physical education (M)	100 (15)
Health (M)	100 (15)
Environment (M)	100 (15)
Social studies (M)	100 (15)
Language arts (M)	100 (15)