

A) Define malnutrition. Explain its causes, types and also mention related diseases. (5)

B) What is food spoilage? How it happens? Give controlling measures. (5)

Ans (a)

MALNUTRITION:

"Malnutrition is a condition that occurs when an individual's diet does not provide enough nutrients such as proteins, vitamins, and minerals to support optimal health."

CAUSES of MALNUTRITION:

Following are the causes of malnutrition:

1. Poverty and food insecurity.
2. Limited access to nutrient-dense foods.
3. Inadequate breastfeeding practices.
4. Infections and illnesses.
5. Inadequate healthcare.
6. Poor sanitation and hygiene.

TYPES of MALNUTRITION:

Following are the three types of malnutrition:

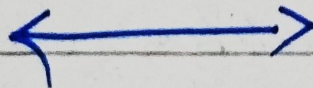
1. Protein-Energy Malnutrition (PEM): inadequate protein and energy intake.
2. Micro-nutrient malnutrition: deficiency in essential vitamins and minerals.
3. Over-nutrition: excessive intake of calories.

RELATED DISEASES:

Following are the diseases caused by malnutrition:

1. Stunting and wasting in children.
2. Anemia
3. Vitamin and mineral deficiencies
4. Weakened immunity and increased susceptibility to infections.
5. Hair loss and skin problems.
6. Increased risk of mortality.

It is important to note that malnutrition can affect anyone regardless of age, gender or socio-economic status.



Ans (B)

FOOD SPOILAGE:

"Food spoilage refers to the process by which food becomes unfit for consumption due to changes in quality, texture, flavor or nutritional value."

CAUSING FACTORS:

This can occur due to various factors:

1. Microbial growth
2. Enzymatic reactions
3. Oxidation
4. Hydralysts
5. Physical damage

Food spoilage can happen at any stage of the food supply chain including production, processing, transportation, storage, and consumption.

CONTROLLING MEASURES:

1. Proper storage: store food at appropriate temperatures, humidity and light conditions.
2. Handling and Packaging: Handle food hygienically and use appropriate.

packaging materials to prevent contamination.

3. Cleaning and Sanitation: Regularly clean and sanitize food processing equipment, surfaces and utensils.

4. Personal Hygiene: Maintain good personal hygiene practices such as washing hands frequently.

By implementing these controlling measures, food spoilage can be minimized.

