

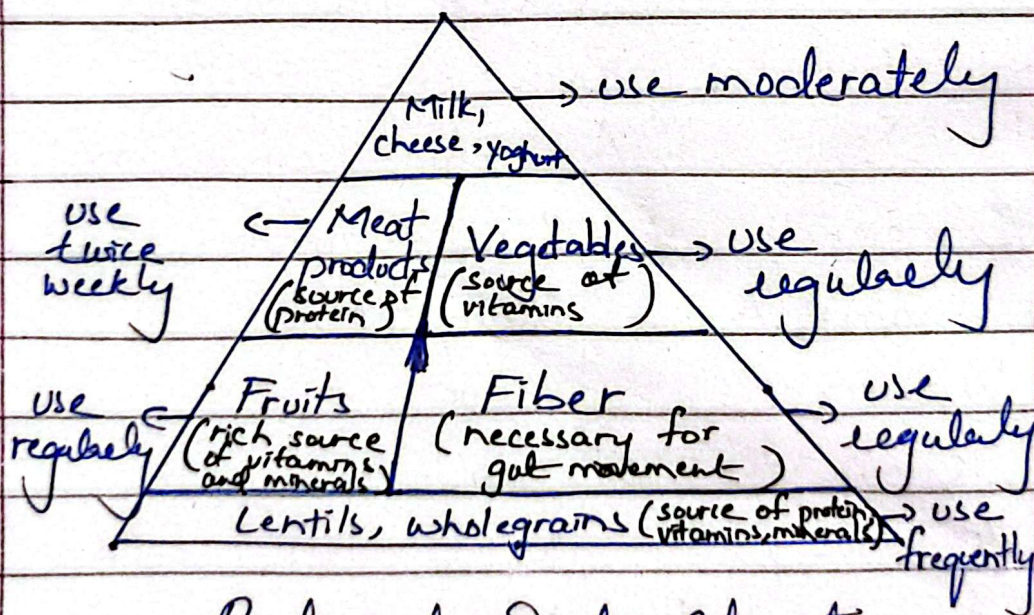
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General Science

Q1

- a. Define the term 'malnutrition'.
Elaborate its major causes and consequences.

Malnutrition is the state when the body is unable to function properly due to deficiency of macronutrients (carbohydrates, proteins, fats), micronutrients (all vitamins) and minerals.



Balanced Diet Chart

Major Causes of Malnutrition:

1. Lack of political will
2. Poverty

3. Illiteracy
4. Lack of awareness regarding essential nutrients
5. Climate Change

Consequences of Malnutrition

Deficiency of Macronutrients

1. Protein weak muscles and heart
2. Fats Nerve and cell membrane related pathologies.
3. Carbohydrates Lack of Energy
Anaerobic Respiration

Deficiency of Micronutrients

1. Vitamin A xerophthalmia
2. Vitamin C scurvy
3. Vitamin K clotting
4. Vitamin D weak bones, rickets

Deficiency of Minerals

1. Calcium weak bones and teeth
2. Zinc stunted growth
3. Iodine Hypothyroidism
4. Potassium Hypertension