

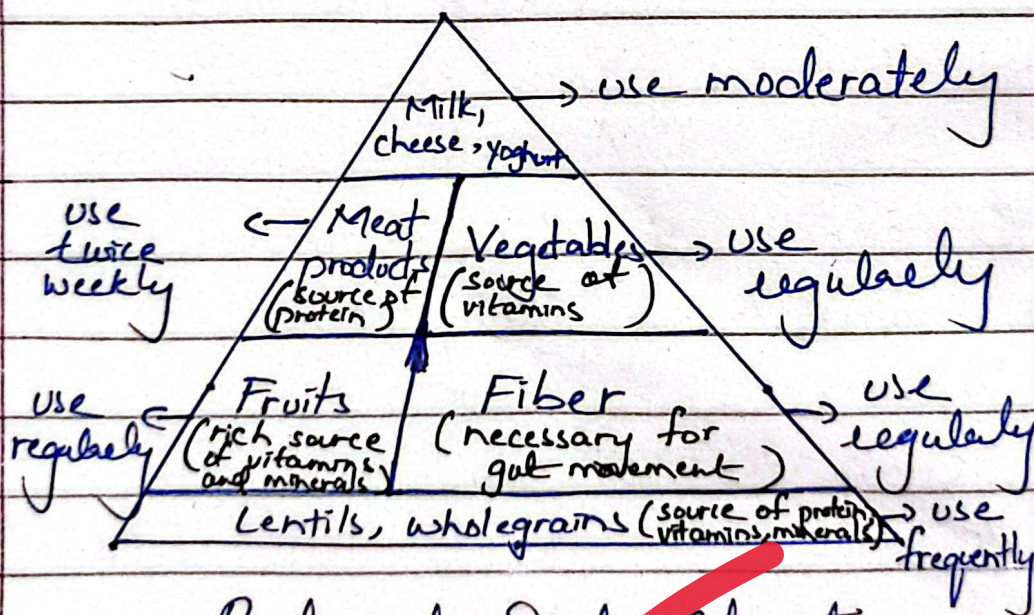
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General Science **Proper definition is required**

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

Explain properly

3 sides at least

## 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