

2021 (CSS)

Q-5 (a)

Define the term malnutrition - explain its major causes and consequences?

Answer:

MALNUTRITION:

Definition

"A serious condition that happens when your diet does not contain the right amount of nutrients."

Major Causes of Malnutrition:

Following are the major causes of malnutrition:

- ① ↳ Inadequate dietary intake
- ② ↳ Frequent illness
- ③ ↳ Socioeconomic factors
- ④ ↳ Environmental and cultural factors.

1) Inadequate Dietary Intake:

Not consuming enough meal or

7 skipping meals results in malnutrition

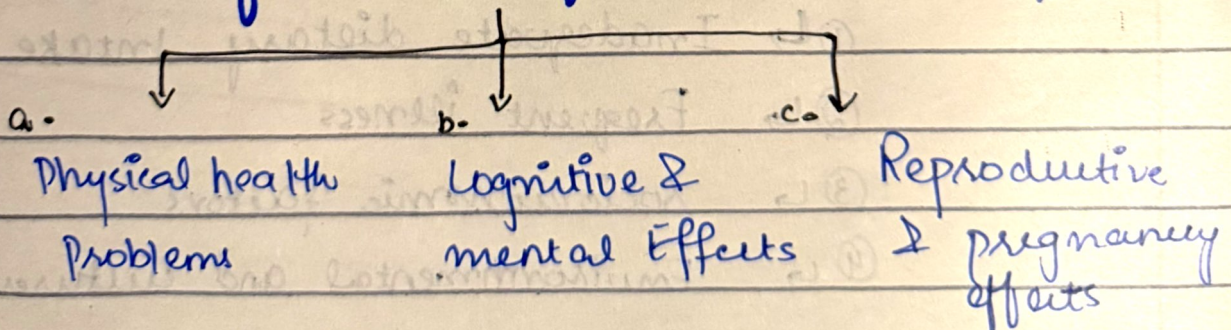
2) Frequent illness : Frequent illness increases body nutritional requirement leading to malnutrition.

3) Socioeconomic factors : Poverty, lack of education, food insecurity etc. is also a major cause of malnutrition.

4) Environmental and cultural factors :

Contaminated water lacks right amount of nutrient. Also certain cultural restrictions on nutritious foods leads to malnutrition.

Consequences of Malnutrition:



a. Physical Health Problems : It includes

- ① Stunted growth in children
- ② Underweight etc.

b. Cognitive and mental effects: It results in

- ① Poor brain development in children
- ② delayed mental development.

c. Pregnancy and reproductive effects:

- ① Higher risk of maternal and infant mortality
- ② low-birth-weight babies.

