PART -II (SECTION-I)

Q2. (a) Define the term malnutrition, elaborate its major causes and consequences.

MALNUTRITION:

According to World Health organization (WHO),

" Malnutrition refers to deficiencies, excess or imbalances in a person's intake of energy and nutrients."

Malnutrition involves two broad groups of conditions: Undernutrition and overweight

Consequences:

Diagram:
Malnutrition
- Undernutrition
  - stunting (low height for age)
  - wasting (low weight for height)
  - underweight (low weight for age)
  - micronutrient deficiencies (vitamins & minerals)
- Overnutrition
  - overweight
  - obesity
  - diet-related non-communicable diseases (heart diseases, stroke, diabetes, cancer etc)

→ Weakness, tirdness, impaired imune system is also caused.

Major Causes:

Major cause of malnutrition is not taking a good balanced diet, including the right amount of all nutrients for proper growth and development. It includes carbohydrates, proteins, fats, vitamins, minerals, water and dietary fibre. Food from five basic groups i.e milk, meat, beans, vegetables and fruits, and cereals provide a balanced diet.

However many families cannot afford or access enough nutritrous food in the world due to high prices and less availability. Meanwhile overconsumption by those to whom it is readily available also causes malnutrition. Availability of clean water is a major concern of the world.