

Also write consequences
And attempt all questions
And make flowcharts to explain things

Date: _____

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} Overnutrition

Consequences:

Malnutrition

Undernutrition

- Stunting (low height for age)
- wasting (low weight for height)
- underweight (low weight for age)
- micronutrient deficiencies (vitamins & minerals)

→ Weakness, tiredness, impaired immune system is also caused.

Overnutrition

- overweight
- obesity
- diet-related non-communicable diseases (heart diseases, stroke, diabetes etc cancer)

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 nutritious 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 ^{drinking} water is a major concern of the world.

Good luck!

