

Q. Make Outline for any one of the following essays. The outline should also contain Thesis statement. Also write an introductory paragraph.

Outline -

1. Introduction.

1.1 Thesis statement.

Population of the developing countries like Pakistan, is highly vulnerable, to the risk of malnutrition because of the lack of daily need basket, less job opportunities and poor policies of the government. In the result certain population expose to the risk of malnutrition, which leads to the higher health issues, less work force and eventually breakdown of social fabric. Government must take serious steps to address the issue, else this could impact the political, economical, social as well as the educational institutions of the country.

2. Causes of the malnutrition in Pakistan.

2.1 poor economy of Pakistan.

2.2 -	poverty among lower-middle classes and middle-class families.
2.3 -	Lack of opportunities in job sector.
2.4 -	Lack of food and water in various areas.
2.5 -	Capitalist exploitation.
2.6 -	poor policy making towards agricultural sector.
2.7 -	Daily basket is out of the reach of the people.
2.8 -	Gender discrimination in public and private sectors.
2.9 -	less investment in public welfare projects.
3.	Consequences of malnutrition in Pakistan.
3.1)	Increasing ratios of diseases, like thalassemia and rickets.
3.2 a)	Abnormal growth and ill-population.
3.3 -	Increasing mortality rates.
3.4.	Deficiency of the work force.
3.5 -	Demand huge investment of governments in health sectors.
3.6.	Chances of separation of infectious diseases lead to epidemics.
3.7.	Bad image of the country.
3.8.	A setback to the international relations.
3.9.	Collyse of the societal fabric.
4.	Recommendations.
4.1.	Government should make public Centre

policies, to nip these circumstances in the bud.

4.2. Prices of the daily basket must be made people-friendly.

4.3. public welfare projects must be initiated.

4.4. public must be given basic health facilities on time.

5. Conclusion.

→ Introductory paragraph:

Balanced diet is the basic need of the human body for proper functioning.

Balanced diet means, there must be required amount of all the nutrients

which are required for the proper mechanism of the body. There must

be a specific amount of carbohydrates, proteins, lipids, fats, vitamins and

nucleic acids, these all nutrient makes the diet balanced and deficiency

of which leads to the malnutrition.

Malnutrition is a nutritional issue related to the human being,

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Where a human can not get the proper ratio of essential nutrients which are essential for the good health and growth of human body. In Pakistan, a significant number of population is at the risk of malnutrition. People who live in the side areas of the country are largely exposed to this societal and health risk. People from rural Sindh particularly who live in that and Tharparkar region are the victims of this issue. Many factors contribute collectively for this risk in Pakistan, including: political, educational, social as well as economic factors. Politically, it is the poor policies of the respective governments towards the vulnerable people and lack of basic health care opportunity at the door steps leads to the malnutrition. Areas which are exposed to this issue are highly uneducated, the institution of education is equally responsible for this issue. Where there is education, they find opportunities

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to come out of these sorts of risks.
Education is the need to get employment and through employment one can get access to the daily needs either those are food or shelter. Along with aforementioned two institutions the society is also negatively contributing by curbing and snatching the basic rights of those people. Consequently, the health and growth of those people become compromised. Unhealthy people can not take part in the development of their country, eventually become burden on their countries. Government should take serious measures to address the primary issues behind the malnutrition, otherwise a big chunk of country's population will be at the stake of health risk.