

"MALNUTRITION IN PAKISTAN: CAUSES AND CONSEQUENCES".

OUTLINE:

1. Introduction.

- Attention grabber.
- Background information.
- Thesis statement: Malnutrition in Pakistan is a present threat that is caused by various of factors like poverty, lack of knowledge, lack of proper health care centers, growing affection of junk food, not giving proper attention and not being aware of the consequences like the birth of new diseases, affecting growth, impacting the development and economics of a nation and individual not being able to reach full potential.

2. Definition of malnutrition.

3. Causes of malnutrition.

3.1. Lack of knowledge.

3.2. Lack of health care centers.

3.3. Poverty

3.4. No proper attention paid towards malnutrition.

3.5. Growing affection of junk food.

4. Consequences of malnutrition.

4.1. Genesis of new diseases.

4.2. Affecting growth.

4.3. Impacting the development of a

nation.

4.4. Economical stagnation.

4.5. Individuals not being able to reach full potential.

5. Way forward.

5.1. Proper health facilities.

5.2. Spreading awareness.

5.3. Government playing its role.

6. Conclusion.

ESSAY:

Every 10 seconds, a child dies from malnutrition-related causes, making it the silent killer for millions world wide. This sheds light on the fact that malnutrition is the most important and urgent threat to the entire human species and should be dealt with. Malnutrition is a major problem for the third world countries but a collective one for humanity. There are many causes of malnutrition like lack of knowledge, awareness, proper attention, growing affection towards junk food, no proper health facilities, these can lead to many harmful consequences that are faced by Pakistan like the birth of new diseases, economical stagnation, affecting the growth of individual,

impacting the development of a nation and individuals not being able to reach their full potentials. Humans collectively need to counter this life threatening issue of malnutrition because it is very ridiculous that humans are thinking of colonizing ~~places~~ but 1 out of every 10 children goes to bed hungry every day.