

## Brainstorming

→ Malnutrition is one of the biggest and prominent issues in Pakistan that is the consequence of carelessness of Government and unawareness of the citizens.

⇒ A Introduction

⇒ • (Malnutrition in Pakistan)

B. Causes

• Carelessness of Government in providing food.

• Unawareness of parents (citizens) in getting unhygienic food during pregnancy and after delivery.

• ~~Low agriculture~~

• <sup>&</sup> Use of harmful fertilizers in crops

(Health sciences do not suggest to use ~~these~~ any fertilizers especially in pregnancy)

• Economic issues of Pakistan

(Pakistan has low budget to meet all needs and wages)

Consequences

Unhealthy children ~~used~~ are impacting country's economy

• Sickness all time

• Long time in healing

→ Deficiency in Iron and vitamin and other minerals can lead towards - sluggishness.

→ Day: Psychologically disorders e.g (Mood swings due to unhealthy mind) Date: \_\_\_\_\_

→ Weak Immune system.

Conclusion.

Question no : 01

1. Malnutrition in Pakistan:  
Causes and consequences

47/6

Outline

(1) Introduction

Thesis statement : Malnutrition is one of the biggest and prominent issues in Pakistan, that is the consequence of carelessness of government and unawareness of parents about hygiene during pregnancy.

(2) Causes

A. Careless behaviour of the government sector. For example :

- No proper policy
- No accountability or check & balance

B. Unawareness of parents. For example :

- Getting unhygienic food during pregnancy and after delivery

Day: \_\_\_\_\_

Date: \_\_\_\_\_

→ No consultation to specialists  
during pregnancy

(C.) Usage of harmful fertilizers  
in crops while:

(Health sciences do not allow to  
use any fertilizer especially during  
pregnancy)

(D). Economic issues

→ Due to low budgets and relying  
its economy on foreign aids (e.g IMF and  
World Bank), Pakistan does not meet all  
her needs and wages.

(E). Social factors

→ Not proper support from family  
members to the expecting women. It impacts  
the health of child.

→ Due to inflation parents cannot meet  
their ends.

→ Parents want more and more children;  
(impacts) it also causes malnutrition.

### 3. Consequences

A. Unhealthy children will impact the economy of the country.

→ For example: The more patients there are; the more (economic) wages would be required.

B. Sickness about all time

C. Long time healing

D. Deficiency of Iron, vitamin and minerals

Due to this deficiency, it leads towards sluggishness in the children.

E. Psychological disorder

For instance; mood swings, for having unhealthy mind.

F. Weak immunity

### 4. Conclusion

# Introduction

Malnutrition is one of the biggest and prominent issues in Pakistan. It is due to intaking of unhygienic food; but, there are also many causes that lead this issue. For instance, there is not a policy from government regarding check and balance of what is being sold out across the country. Moreover, to meet this deficiency, medicines are not provided in the hospitals. If they are provided somewhere, the government employees sell them for their causes. Furthermore parents and citizens are also unaware what they are doing. Even they do not consult <sup>to doctor</sup> during pregnancy, due to unawareness and social <sup>and economic</sup> causes. For instance, high inflation across the country. Due to these factors, fetus or new born baby cannot get hygienic food, becomes a victim of malnutrition. It has a lot of consequences like, economic instability in the country to get medicines for these

Day: \_\_\_\_\_

Date: \_\_\_\_\_

children. They get sick all time and if injured, it takes long time in healing. Furthermore, due to deficiency of iron, minerals and vitamins, these children are usually sluggish. They also have continuous mood swings and weak immunity. Hence, malnutrition is only a harmful factor in all sectors of life.

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Good