

The Consequences of Malnutrition



↓ CLOZE EXERCISE

Read the text below and fill in the gaps with the following words:

blood – pregnant – immune – 780 – mental – preschool – brain – developing – malaria – A.

Vitamins and Mineral Deficiencies

Deficiencies of iron, vitamin **1** and zinc are ranked among the World Health Organization's (WHO) top 10 leading causes of death through disease in **2** countries. Iron deficiency is the most prevalent form of malnutrition worldwide, affecting billions of people. Iron forms the molecules that carry oxygen in the **3** so symptoms of a deficiency include tiredness and lethargy. Lack of iron in large segments of the population severely damages a country's productivity. Iron deficiency also impedes cognitive development, affecting 40-60 per cent of children aged 6- 24 months in developing countries. Vitamin A deficiency weakens the **4** systems of a large proportion of under-fives in poor countries, increasing their vulnerability to disease. A deficiency in vitamin A, for example, increases the risk of dying from diarrhoea, measles and **5** by 20-24 per cent. Affecting 140 million

..... **6** children in 118 countries and more than seven million **7** women, it is also a leading cause of child blindness across developing countries. Iodine deficiency affects **8** million people worldwide. The clearest symptom is a swelling of the thyroid gland called a goitre. But the most serious impact is on the **9**, which cannot develop properly without iodine. According to UN research, some 20 million children are born mentally impaired because their mothers did not consume enough iodine. The worst-hit suffer cretinism, associated with severe **10** retardation and physical stunting. Zinc deficiency contributes to growth failure and weakened immunity in young children. It is linked to a higher risk of diarrhoea and pneumonia, resulting in nearly 800,000 deaths per year.