

THE CONSEQUENCES OF MALNUTRITION

CLOZE EXERCISE

ACTIVITIES



- Read the text below and fill in the gaps with the following words: blood – pregnant – immune – 780 – mental – preschool – brain – developing – malaria – A.

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.

