

HUNGER AND POVERTY IN ASIA

Adopted from https://www.worldhunger.org/hunger-quiz/asia-hunger-poverty/

Read the article and answer the following questions by adding X next to the correct answer

Although Africa is frequently presented as the center of world hunger, Asia has always had more hungry people, and more malnourished children, because Asia has so many more people. Globally, 64% of all malnourished children live in Asia. Additionally, 519.6 million adults and children in Asia consume too few calories, which accounts for approximately 12% of the total population of Asia. However, there has been progress in Asia. For example, in 2017, the Global Hunger Index (GHI) score for South Asia decreased by 15.4 points from its 1992 score.

1. **Is the following sentence True or False. Write X next to the correct answer**

   Africa has more hungry people than any other continent.

   - ○ True
   - ○ False

2. **What percentage of the total population of Asia does not consume enough calories daily?**

   - ○ 20%
   - ○ 12%
   - ○ 31%
   - ○ 6%

3. **What was difference between the 2017 Global Hunger Index score when compared to the 1992 Global Hunger Index score?**

   - ○ (increase) +10.2
   - ○ (increase) + 2.8
   - ○ (decrease) -15.4
   - ○ (decrease) -27.9

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Micronutrient deficiencies are the result of inadequate amounts of essential vitamins and minerals in the diet. This is different from protein-energy malnutrition, which is the result of short calories in the diet. Three of the most significant micronutrient deficiencies in the developing world are vitamin A deficiency, zinc deficiency, and iron deficiency (which is usually called anemia). Vitamin A deficiency is associated with blindness, child and maternal death. In South Asia, 44-50% preschool aged children have severe vitamin A deficiency.

4. **Which micronutrient deficiency is associated with blindness, child mortality and maternal mortality?**
   - Vitamin A
   - Zinc
   - Iodine
   - Iron

Starvation is defined as any disorder of nutrition. It may result from aNn unbalanced, insufficient, or excessive diet, or from reduced absorption, assimilation, or use of foods. Overnutrition, a condition of excess nutrient and energy intake over time, may be regarded as a form of starvation when it leads to morbid obesity. Undernutrition is a condition of starvation caused by an inadequate food supply or an inability to use the nutrients in food.

5. **Write X next to the correct answer: True/ False**

   Overnutrition and undernutrition are not the main causes for starvation.

   - True
   - False

There are a number of causes of starvation in Asia. In many parts of Asia, poor and insufficient sanitation and hygiene practices can increase the spread of disease and infection, causing up to 50% of all child hunger. Across Asia, the availability of highly processed foods has increased drastically. Consumption of these processed foods by adults and children has led to the rise of overnutrition, which is a cause of obesity. In several Asian countries, women do not have access to the same education, healthcare, or information technology as men.

What factor(s) cause(s) starvation in Asia?

- Sanitation and hygiene
- Gender inequality
- Changing diets and obesity
- All of the above

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