**Subject: Science**
**Topic: Malnutrition**

Our body requires all six nutrients - carbohydrates, proteins, fats, vitamins, minerals, and water, in an adequate amount for proper growth and development. A balanced diet supplies all these nutrients to the body. But if a person does not eat a balanced diet regularly, they become undernourished. This condition is called malnutrition. **So, malnutrition is the lack of any nutrients in the diet. Consumption of any one type of nutrients in a diet leads to deficiency of certain nutrients.** It may cause some deficiency disease like marasmus, goiter, kwashiorkor, rickets, scurvy, anemia, night blindness etc.

***Effects of Malnutrition***

1. It leads to various diseases in children in the age groups of 1 to 5 years. They are affected by the deficiency of carbohydrates, proteins and fats. This condition is called protein-energy malnutrition. It leads to two diseases: marasmus and kwashiorkor.
2. Due to deficiency of vitamins in their diet, children suffer from rickets, scurvy, beriberi, anemia, night blindness etc.
3. Due to deficiency of minerals in the diet, children suffer from muscle weakness, muscle cramps, deformed teeth and bones.

True or False:

1. Our body requires three types of nutrients for proper growth and development.
2. Malnutrition occurs due to lack of nutrients.
3. Protein energy malnutrition causes two dieses.
4. Lack of vitamins in diet causes scurvy and rickets.
5. Lack of minerals in the cause marasmus.

Answer the following questions:

1. What is malnutrition?

2. What are the six nutrients that our body needs?

3. Mention two effects of malnutrition.

LIVEWORKSHEETS