

Life does not live by Bread Alone: A Lesson in Micronutrient Deficiencies

1. What is micronutrient malnutrition?

2. List several adverse effects of micronutrient deficiencies in humans.

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3. What are some of the cost-effective public health interventions that have helped relieve micronutrient malnutrition?

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4. Complete Table 1 to show how each micronutrient is related to proper metabolic function and provide an outcome of its deficiency.

Table 1: Micronutrients in humans

Micronutrients Important in Humans	Function	Outcome of Micronutrient Deficiency
Iodine (I)		
Iron (Fe)		
Folic acid		
Vitamin A		

Table 2: Micronutrients in plants

Micronutrients Important in Plants	Function	Outcome of Micronutrient Deficiency
Iron (Fe) Pages 32–33		
Zinc (Zn) Pages 13–15		
Manganese (Mn) Pages 43–44		
Boron (B) Pages 65–66		

