



nutrition quiz

1. Malnutrition is most dangerous for people at what age?

- a. Conception–2 years old
- b. 2–5 years old
- c. 5–10 years old

2. We get nutrients from the food we eat. How many kinds of nutrients are there?

- a. 3
- b. 4
- c. 6

3. Out of all the basic nutrients, which is the most necessary?

- a. Carbohydrates
- b. Water
- c. Protein

4. Which region of the world has the worst malnutrition problem?

- a. South Asia
- b. Africa
- c. Latin America

5. Malnutrition is a problem, but is over-nutrition a problem too?

- a. Yes
- b. No
- c. Over-nutrition does not exist



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Answers

1. a. Conception–2 years old

Nutritionists say that malnutrition is most dangerous for unborn babies and children under 2 years old. Unfortunately, helping older children cannot undo the damage done early in life. If this small window of opportunity is missed, a whole generation is affected!

2. c. 6

There are six kinds of nutrients: carbohydrates, protein, lipids, vitamins, minerals and water. Each nutrient has a different role in making our bodies work effectively.

3. b. Water

Water is the most necessary nutrient of them all! People can survive for a month without food, but barely a week without water. More than half of your body weight is water. Water helps convert food into energy, regulates body temperature and protects and cushions vital organs, among many other things!

4. a. South Asia

Contrary to popular belief, the biggest malnutrition problem is not in Africa, but in South Asia, where half of all children are undernourished. The countries in South Asia are: Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka. But serious malnutrition exists in countries in every region of the world, from Indonesia, to Uzbekistan, Yemen, Guatemala and Peru.

5. a. Yes

If you are over-nourished you can become overweight and more easily get non-communicable diseases such as stroke and cancer. Today obesity is becoming as big a problem as starvation, even in poor countries. People become obese from eating more energy-dense food high in saturated fats and sugars and from getting too little exercise.