

Q2.) India is a facing double burden of malnutrition, with persistent under nutrition coexisting alongside rising obesity among adolescents. Discuss the causes, consequences and the role of schools in addressing the malnutrition.

"Health is wealth" - our children facing malnutrition which risks the life in young age leads to many types of diseases.

Double Burden of Malnutrition
Malnutrition

→ Imbalance of intaking the nutrients in the body.

Double Burden

→ Appearance of 'thin' lean body

→ Appearance of very obese body

By poor diet & consumption of unhealthy foods.

Causes of Adolescent Malnutrition :-

① Poor diet in foods

eg: Not had a balance on food (carbohydrate, protein, fat, vitamins) composition

② Addiction on High fat, oil foods, Ultra high processed foods

- by Advertisement

③ Lack of Awareness to Consume

Consequences

↳ Children faces the obesity, severe wasting, metabolic risk, diabetes (type 2) etc.

↳ Nutrition deficiency

↳ Not ability to work & educate in schools concretely.

Role of Schools

↳ The Schools should teaching on labels of Ultra High Processed foods for reading about its ingredients

↳ provide the nutrient

Literacy

↳ provide a diet Mid day

meals in schools.

↳ creating Awareness among the health diseases

Govt Initiatives & Recommendations

Should be followed by

Schools

ICMR-NIN

Schools play a major vital role in adolescents malnutrition to prevent the diseases in children which long term affects in their future.