DID YOU KNOW?

* SCURVY is a disease of the blood caused by the lack of vitamin C in the diet.
* The deficiency of proteins leads to malnutrition known as “MARASMO”.
* The lack of vitamin D and calcium produces RICKETS.
* The inadequacy of vitamin A provokes changes in the skin and night blindness.
* The deficiency of iron carries out ANAEMIA.



2\* READ THE DEFINITIONS OF THE DIFFERENT HEALTH PROBLEMS AND MATCH THEM TO THE NAMES. Which are diseases and which are eating disorders?

1. MALNUTRITION B) ANAEMIA C) BULIMIA D) ANOREXIA E) OBESITY
2. It is characterised by the deep fear of gaining weight and by the idea that the own body is distorted. The person follows a strict diet and does a lot of physical exercise.
3. It is a condition of the blood caused by a marked lack of iron.
4. It is a condition in which the body burns off fewer calories than what is required. As a consequence, the person gains too much weight, which is dangerous to their health.
5. It is a condition resulting from the lack or excess of one or more nutrients in the diet. It may lead to severe diseases as the ones mentioned.
6. It is caused by anxiety and extreme concern about weight and the physical aspect. The person usually devours a lot of food and provokes vomit. They also use laxatives.

Marasmo takes place when a baby is not breastfed and is given unhealthy food without energy and nutrients.

Kwashiorkor happens when a child is breastfed for a very long time and then s/he is weakened by a diet low in protein.

Rickets is caused by lack of vitamin D, resulting in the deformity of bones.

3\*read the sentences and complete them with the diseases and eating disorders above.

1. If a person suffers from \_\_\_\_\_\_\_\_\_\_\_\_\_\_, he/she will always feel fat.
2. If a person suffers from \_\_\_\_\_\_\_\_\_\_\_\_\_\_, he/she will lack proteins.
3. If a person suffers from \_\_\_\_\_\_\_\_\_\_\_\_\_\_, he/she will gain excessive weight.
4. If a baby isn’t breastfed and doesn’t receive nutrients, he/she will suffer from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. If you don’t consume any iron, you will suffer from \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. If a person suffers from \_\_\_\_\_\_\_\_\_\_\_\_\_\_, he/she will provoke vomit to expulse the food.

4\* invent two more conditions with the remaining problems.