

Read the text carefully and do the activities.

Malnutrition is a complex problem to solve but, as levels of undernutrition and obesity are rising, something must be done," says leading food health expert Dr Francesco Branca.

Millions of people are suffering from different forms of malnutrition. In fact, 1.9 billion adults are overweight or obese while 462 million are underweight. Among children, 52 million under-fives are suffering from wasting, where they have a low weight for height.

Around one in ten children are born with a low birth weight, and in South Asia, it is one in four, and approximately 45% of deaths among children under five are linked to under nutrition. These deaths often occur in low- and middle-income countries where childhood obesity levels are rising at the same time.

Dr Branca states that the developmental, economic, social, and medical impacts of malnutrition are serious and lasting. Events such as World Food Day (October 16) and International Day for the Eradication of Poverty (October 17) will raise awareness of the problem.

I. Say whether the following sentences are true or false.

- a. Undernutrition refers to a lack of nourishment. \_\_\_\_\_
- b. There are more overweight people than underweight ones. \_\_\_\_\_
- c. Malnutrition causes human losses only in developed countries. \_\_\_\_\_
- d. Malnutrition has temporary consequences. \_\_\_\_\_

II. Answer the following questions according to the text.

- a. Why is Dr Branca worried?
- b. Which three forms of malnutrition are mentioned in the text?
- c. How can we sensitize people about malnutrition according to Dr Branca?

III. Add the right question tag:

- a. There's a fly in your soup, \_\_\_\_\_?
- b. Let's go swimming, \_\_\_\_\_?
- c. I'm waiting for you, \_\_\_\_\_?
- d. They had an accident, \_\_\_\_\_?

IV. Report the following:

- a. "I have replied to them," claimed Sidi.
- b. "I met you yesterday," he told me.
- c. "I will pay for it tomorrow," he suggested.
- d. "I cannot come to your birthday party," explained Mariem.

V. **Essay:** Today, young people tend to eat a lot of unhealthy food, which often exposes them to complex health problems. Being conscious of the importance of this issue, write an article of about ten (10) lines to your school magazine to give your schoolmates some pieces of advice on how to adopt a healthy diet.

The following notes may help you: -healthy food-good habits and exercise -no junk food -more vitamins than calories.