AFRICAN INSTITUTE FOR PROJECT MANAGEMENT STUDIES

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REG. NO. :

COURSE : HUMAN NUTRITION

ASSIGNMENT :THREE

**Question one: Explain types of carbohydrates and give five functions of carbohydrates in human body?**

1. Disaccharides: these are simple’s carbohydrates that consist of two chemical link.

2. Monosaccharide: these are simple carbohydrate they are absorb bed through the wall of the intestines without being charged by digestion.

3. Polysaccharides: it consists of a large group of complex carbohydrates which are condensation products of undermined number of sugar molecules.

4. Olisaccharides: these are the most wide spread amount of the three carbohydrates.

**The five functions of carbohydrates are as followed:**

* Carbohydrates provides the body with energy, most of the carbohydrates in the foods you eat are digested and broken down into glucose before entering the blood stream.
* Carbohydrates prevent the degradation of skeletal muscle and other tissues such as the heart, liver and kidneys.
* Carbohydrates also help with fat metabolism if the body has enough energy for It’s immediate needs, it store extra energy as fats.
* Carbohydrates also prevent the breakdown of protein for energy. Carbohydrates form a part of genetic material like DNA and RNA in the form of deoxyribose and ribose sugar. (By Rwada Eada).

**Question two: For the following nutrients, can you say why they are important and name three sources?**

The table below shows the micro and macro nutrients and their functions and sources:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Items | Micro nutrients | Macro Nutrients | Functions | Sources |
| Carbohydrate | No | Yes | -Provide energy  -Prevent the degradation of skeletal muscle and other tissues  -It prevent the breakdown of protein for energy | -Beans  -Potatoes  -Popcorn |
| Proteins | No | Yes | -Repair and maintaince  -Energy  -Transportation and storage of molecules | -Eggs  -Letils  -Nuts |
| Fasts | Yes | Yes | -The body use as fuel source.  -Storage form of energy | -Avocado  -Cheese  -Dark choclate |
| Oils | Yes | Yeses | -Give energy and support cell growth  -Protect the organ and help the body worm | -Extra virgin olive oil |

**Question three: What Nutrient Deficiency do the following clinical signs/symptoms indicate? (a) Pallor (b) Goitre (c) Bilot’s spots (d) Bilateral pitting oedema (e)Severe visible wasting.**

Nutritional deficiency occurs when the body doesn’t absorb or get from food the necessary amount of nutrients needed.

The following are the signs and symptoms of the nutrient deficiency:

* Pallor: these is where the palmsconjective tongue get tried easily loss of appetite, shortness of breath due to anamia hence lack of iron in the causes those signs and symptoms of nutrient deficiency in children.
* Goitre: is where there is swelling in the front of the neck and it’s visible, this is due to lack of iodine in the body hence eating les iodine causes goitre.
* Bilateral pitting oedrema: this one of the signs and symptoms of nutrient deviancy due to severe acut malnutrition is the swelling on both feet when press for three seconds the finger print persists, hence the leg swelling due to poor movement of metabolism in the body.
* Severe visible wasting : this is one the visible nutrient deficiency mostly in children from 0-6 years, the signs and symptoms are as follows :

-Low weight for the height needed

-The child will have sagging skin and buttocks

-There is loss of muscles bulk; hence all these are due to a cute malnutrition

* Bitots spots: is the whitish patchy triangular lesions on the side of the eye due to lack of vitamin A.(Unicef/ Dr. Tewoldeberhan Daniel)

**Question four: what is the impact of malnutrition on communities? How can you help prevent some of the negative effect of malnutrition?**

Malnutrition is the deficiency, excesses or imbalances in a person’s intakes of energy or nutrients.

Child malnutrition is the single biggest contributor to under five mortality due to greater susceptibility to infection and show recovery from illness.

Child malnutrition impact on economic productivity, the mental impairment caused by iodine deficiency is permanent and directly linked to productivity loss.

Maternal malnutrition: increases the risk of poor pregnancy outcomes including abstracted labour, premature and low birth weight babies.

Poverty and infectious diseases the community has poor heath due to poor feeding, hence most don’t have for buying food or change diet and infectious disease like HIV/ AIDS needs more attention and good feeding so that will overcome death.

Good hospital should be provided with good heath personal so that the heath in the community will improve by educating the community what to eat, how to prevent diseases.

As a child should get all the nutrient from the mother through breast feeding of a child from 0-6 without giving other food then after 6 months of the child can eat all the types of food.

The community should improve in good method of farming to improve their standard of living and have varieties of food which contain all the nutrient (UNICEF AND WHO)

**Question Five: Who are the individuals most vulnerable to vitamin A deficiency, iodine deficiency disorder and iron deficiency anaemia in your community? Imagine you have identified people in your community who are suffering from vitamin A deficiency, iodine deficiency disorder and iron deficiency anaemia. What can you do to address the problems?**

The vulnerable people are those who are easily affected when there is poor nutrition in the body; they are:

* pregnant–lactating mothers
* Children from 0-6 years.

Vitamin A deficiency reduce immunity and increases the incidence and gravity of infectious diseases resulting to school absenteeism, child malnutrition impact on economic productivity, hence children from 1-6 years are given vitamin A vaccines to prevent Vitamin A deficiency.

Iodine deficiency is lack of the tracelement iodine on essential nutrient in diet, It may result in to goiter sometimes asarendemic goiter as well as conjectnital due to untreated congenital hypothyroidism which results in development delays and other heath problems (by Wikipedia).

An iodine deficiency can cause uncomfortable and even severe symptoms. They include swelling in the neck, pregnancy related issues weight gain and learning difficulties mostly in pregnant and lacking mother’s are advised to eat most MS, RD food which contains iodine to prevent goiter and weight gain.

Iron deficiency is lack of iron in the body, hence causes anaemia mostly vulnerable like pregnant lacking mothers and children from 0-6 years are mostly effected .

Lack of iron in the body also reduce the immune system of the lacking mother and children

under 0-5 years leading to infectious disease can attack them, hence children should be given food containing all nutrients like the RUTF which will improve the immune system and pregnant mothers should be given ferrous and folic acid to prevent them from iron deficiency( Ryan Roman)

**Question six: Identify at least four ways in which fiber helps us maintain a healthy digestive system?**

* Normalizes bowels movement, dietary fiber increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation.
* Helps maintain bowel health, A high fiber diet may lower risk of developing hemorrhoids and small paunches in your colon.
* Lower cholesterols level: soluble fiber found in beans, outs, flaxseed and out bran may help lower total blood cholesterol levels by lowering low density lipoprotein or bad cholesterol levels.
* Help control blood sugar levels, in people with diabetes, fiber particularly soluble fiber can show the absorption of sugar and help improve blood sugar level.