ASSIGNMENT OF MODULE FOUR

ADMISSION NUMBER IPMS/1852018

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Diploma in human nutrition

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Assignment

1 Can you name the different kinds of malnutrition and then describe the signs that might tell you that childhood malnutrition is a problem in your community.

The different of malnutrition as follow.

1 underweight

2 overweight

3 stunting

4 malnourish

Also there are two types of malnutrition such as.

1 Marasmus

2 kwashiorkor

1 Marasmus

Signs

* Body wasting
* Apathy
* Abdominal distension
* Skins rash
* Eye pain
* Hair loosing
* Elder face
* Eager to eat food

2 kwashiorkor

* Bilateral pitting edema
* General body edema
* Apathy
* Moon face
* Extremely unhappy with environment

ASSIGNMENT

1 Identify at least four characteristics of healthful weight

According to the world health organization (WHO) BMI can be classified as follow 15.9 and under severely thin 18.5is underweight 18.5 to 24.9 is normal healthy weight 25 to 29.9 is overweight 30 to 39.9 is obese 40 and above is morbidly obese.

1. Daily krill oil supplement dosage
2. Benefits of citrin garcina cambogia
3. Are pistachhios fattening
4. How to lose weight after taking Cymbalta

**Things Needed**

1. Avocados
2. Extra virgin olive oil
3. Tree nuts
4. Legumes
5. Seeds
6. Fruits
7. Vegetables

2 Can you increase your basal metabolic rate? Is it wise to try?

Basal metabolic rate is controlled to a considerable extent by the thyroid hormone tri-iodothyronin, and iodine deficiency results in impaired synthesis of thyroid hormone, a low metabolic rate and hence ready weight gain. Pathological over activity of the thyroid gland results even those that can be metabolized (for example aspartame, which is an amino acid derivative) are taken in such small amounts that they make no significant contribution to intake. All of these compound have been extensively tested for safety, but as a result of concerns about possible hazards some are not permitted in some countries although they are widely used elsewhere.

3 Identify at least four societal factors that may have influenced the rise in obesity rates in the United States since 1963.

The factors that are influenced the obesity from American people in many decade ago as follow.

1. Cultural activities and taboos.
2. Lack of physical activities.
3. No proper balances diets in place from those years.
4. There was no qualified nutritionist and dietician at past.
5. No direct institutions at past than now

4 Your friend misty joins you for lunch and confesses that she is discouraged about her weight.

She says that she has been trying “” really hard “for 3 months to lose weight but that no matter what she does, she cannot drop below 148 ib. Based on her height, you know misty is not overweight, and she exercise regularly. What question would you suggest she think about? How would you advise her? She think about obesity, in her life. Therefore my advice to her is that, so misty mush reduce intake of food and increase physical activity and also she should get much of her dietary from vegetable, fruit and low fat, proteins intake all the time.

Prepare James Lual Yar

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