Student Resource 9.1

Matching: Malnutrition

Student Names:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_

Directions: With your partner, read the list of terms below and talk about what you think they mean. Then use what you already know to match one of the terms to each description in the table below. Fill in the first column with the appropriate terms. You will complete the third column of the table with important information you learn about the topics when your teacher presents “Causes and Effects of Malnutrition.”

|  |  |  |
| --- | --- | --- |
| malnutritionmicronutrient malnutritionstuntedcomplementary foods | wastedunderweightmacronutrientsundernourished | premature babyobese/overweightbreast milk |

| Term | Description | Important Information I Learned about the Topic |
| --- | --- | --- |
|  | Being too short for a certain age |  |
|  | Not getting proper nutrition, meaning either too little, too much, or the wrong kind |  |
|  | Not getting enough vitamins or minerals |  |
|  | Having a low weight for a certain age |  |
|  | Lacking sufficient energy and nutrients |  |
|  | Being too heavy for a certain height |  |
|  | Being too thin for a certain height |  |
|  | Ideal food for newborns and babies |  |
|  | Protein, carbohydrates, and fat |  |
|  | Foods given to a baby while he or she continues to breast-feed |  |
|  | Baby born at less than 37 weeks gestational age |  |