

Level : Second year /License

Responsible for the Module : Messaoud CHERIET

Semester : 02

Academic Year : 2021/2022

Exam Correction of :

Translation Arabic/English

Malnutrition

Malnutrition is a serious health condition/problem that occurs/happens when a person does not get an adequate/proper amount/quantity of nutrients in their diet, or if the nutrients are less or more than they need, as in the case of obesity.

There are several causes of malnutrition; the main ones being an inadequate diet, such as what happens during famines and wars, and an unbalanced diet, that is, it provides the body with certain nutrients but deprives it of others, in addition to illnesses that would hinder or prevent the absorption of nutrients from food.

Malnutrition, caused by an increase in the body's caloric needs, leads to weight gain/overweight and obesity, which increase the risk of getting/being infected with many diseases, such as diabetes, arthritis, heart disease and some types of cancer.