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## Nutrition in the world



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**EROSKI**  
*contigo*



SCHOOL OF  
**NUTRITION**

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In collaboration with UNICEF

Energy to grow



So now you know how important watching what they eat is to Tix and Loy. But there are a lot of children in the world who are not in a position to watch what they eat and suffer from malnutrition. There are three different types of malnutrition: overnutrition, dietary deficiency and undernutrition.

## Malnutrition

In this session, Tix and Loy are going to teach us the differences between these three types of malnutrition and, above all, the origins of such dietary and growth problems.

### 1. OVERNUTRITION.

WHAT HAPPENS IF YOU EAT MORE THAN YOU NEED?

Overnutrition is when somebody eats more food than their body needs and becomes obese.

### 2. DIETARY DEFICIENCY.

WHAT HAPPENS IF YOU DON'T EAT ALL KINDS OF FOOD?

It is very important to eat all kinds of food even if you don't like them. A lot of people only eat one kind of food because they really like it; but other people only eat one kind of food because they don't have anything else to eat. This lack of variety in their diets means that their bodies do not receive all the essential micronutrients that they need. This type of malnutrition is called dietary deficiency. Dietary deficiency can affect people who don't have enough to eat and obese people too.

There are millions of children in the world who never ask “What’s for lunch today?” because they always eat the same thing. In poor countries, people eat deficient diets. These diets mainly consist of staple foods that they can grow themselves and which give them energy, but are not enough to offer them a balanced diet.

**For example:**

- Rice is a very common staple food in Asia.
- Flour made from cereals is very common in Europe and Africa, and is eaten as bread or ground into a kind of paste.
- Tubers, like potatoes, sweet potatoes and cassava, are the staple food in South America.



### 3. UNDERNUTRITION.

#### AND IF YOU DON'T EAT ENOUGH?

You need energy to make your organism work properly. Thanks to energy, you can move, think and even sleep! You need a certain amount of energy every day in order to go to school, do your homework, do sport, play with your friends and grow properly. When you do not eat very much food, or eat less food than you should, you are not letting your body have all the energy and proteins that it requires in order to work properly. This type of malnutrition is called undernutrition.

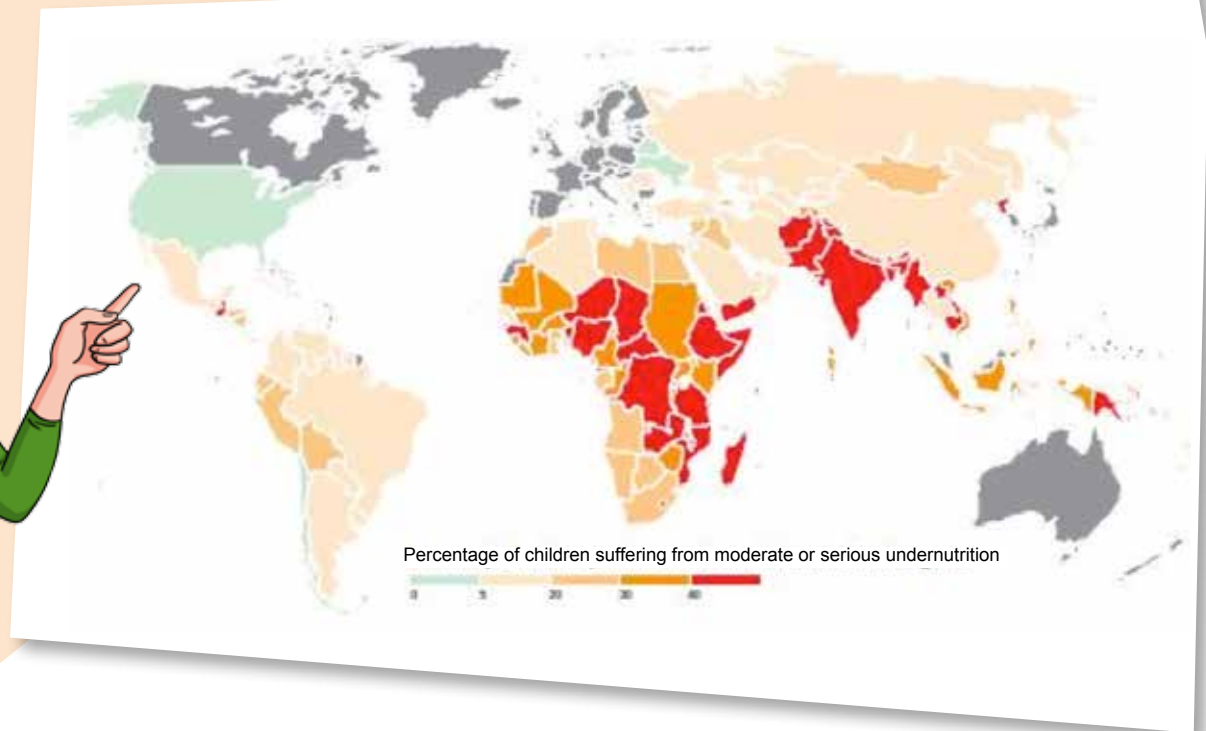
*Did you  
know... ?*



*Children who suffer from serious undernutrition and whose bellies swell up do not have such large bellies because they eat too much, but because they eat too little. Spending so much time without eating makes them weak and they suffer from Kwashiorkor: a medical condition that causes liquid retention in the abdomen due to a lack of protein in the blood.*

## Undernutrition in the world

Why do you think the children who live in the countries coloured orange and red suffer from undernutrition more than those living in other countries?



*Water and undernutrition:  
Why is some water not safe to drink?*

Somebody is sure to have said “Don’t drink that water. It’s not safe” when you have been out on a trip in the countryside. Always do what they say just in case! Bacteria and viruses that can make you ill live in water which is not fit for human consumption, like the water in rivers, ponds and reservoirs. The most common problem caused by drinking bad water is diarrhoea. Continually going to the toilet means that the body does not have time to digest the food you eat and it is expelled from the body before it can provide the nutrients you need. If it is not cured quickly, it can lead to undernutrition, because although you may eat enough, your body does not receive the calories it needs for energy.





## How to combat malnutrition

Now that you know what malnutrition is, we are going to see how we can combat it at home and all round the world.

1. Always eat a varied diet.
2. Don't throw food away.
3. Whenever there are leftovers, try to keep them to eat later on.
4. Always drink safe drinking water.
5. Wash your hands properly before eating in order to prevent diseases.
6. Don't eat more than the quantity recommended for a child your age.
7. Don't skip breakfast, lunch or supper even when you're not hungry.



8. Celebrate International Human Solidarity Day on the 20th of December by organising different activities in favour of children whose rights are not guaranteed.
9. Celebrate Universal Children's Day on the 20th of November. Millions of children have been able to enjoy their rights since the Convention on the Rights of the Child came into force in 1989. Do you want to know how old your rights are? Find out at [www.enredate.org/cuentadias](http://www.enredate.org/cuentadias)
10. Celebrate World Water Day on the 22nd of March by taking part in the Sponsored Race "Drops for Niger". Find out all about it at [www.enredate.org/gotas\\_organiza\\_campania](http://www.enredate.org/gotas_organiza_campania)

It is important to bear all these things in mind all year round. And don't forget to use water responsibly and not waste it (e.g. turn off the tap while soaping up in the shower or brushing your teeth, only flush the toilet when necessary, etc.).

### *What have we learned today?*

- There are three different types of malnutrition: overnutrition, dietary deficiency and undernutrition.
- Drinking bad water can cause medical problems, like diarrhoea.
- We can combat malnutrition in the world every day.

Source: UNICEF Spain's enredate.org programme.



# Activities

## Nutrition in the world

**1**

Using the map which shows undernutrition in the world, answer these questions between you:

a) In which hemisphere are most of the countries with children who suffer from undernutrition?

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c) What percentage of Spanish children suffer from undernutrition?

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b) Why do you think that is?

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d) Why do you think that is?

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# Activities

## Nutrition in the world

e) If you had been born in one of those places, what kind of life do you think you would have? Would you go to school? Would you have everything you have got now? What would you eat?

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f) If you look around you, what kind of malnutrition can you see?

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g) Do you think we eat more than we need? Why?

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## 2

## Continue the story

***Wali bena! In my language, Limba, that means "Hello".***

***My name's Suluku Kamara and I belong to the Limba tribe. I live in Sierra Leone in Africa. I was born in a village called Kakonhi, in the Tonko Limba region in the north of the country.***

***I am the third of seven brothers and sisters. My Mum and Dad, Yakumba and N'mah, were farmers. The children used to go to school and afterwards we used to help out on the farm, planting rice, groundnuts, sweet potatoes, cassava and hot chilli peppers.***

***When we had free time,...***

Source: Suluku, the story of a child soldier in Sierra Leone.  
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