



Discover Your Micronutrient Deficiencies

Description

Ensuring you receive an adequate intake of essential vitamins and minerals is crucial for your overall health. Micronutrient deficiencies are more prevalent than commonly believed and can have significant impacts on your well-being.

A recent study published in [The Lancet](#) suggests that over half of the global population lacks essential nutrients in their diet.

Insights from the Study

Researchers conducted an analysis across 31 countries to gauge the intake of 15 vital nutrients among different age and gender groups worldwide. Their findings revealed that more than half of the global population may not be receiving sufficient amounts of seven essential micronutrients:

- Iodine (68%)
- Vitamin E (67%)
- Calcium (66%)

Moreover, over 4 billion individuals could be deficient in:

- Iron (65%)
- Riboflavin (55%)
- Folate (54%)
- Vitamin C (53%)

The study also highlighted gender disparities in nutrient intake, suggesting that women may face higher deficiencies in iodine, vitamin B12, iron, and selenium, while men might exhibit lower levels of magnesium, vitamin B6, zinc, and other key nutrients.

Significance of the Findings

Although the study's estimations are not definitive, they shed light on a critical global public health issue. Even in developed nations, numerous individuals lack at least one essential nutrient, with iron deficiency being particularly widespread.

Micronutrients are vital for optimal health, influencing metabolic processes, body weight, mental well-being, and overall disease risk. Maintaining adequate levels of these nutrients is crucial for sustaining energy levels and supporting bodily functions.



Vocabulary List:

1. **Micronutrient** /,maɪ.kroʊ'nu:tri.ənt/ (noun): A nutrient required by the body in small amounts to function properly.
2. **Deficiency** /dɪ'fɪʃ.ən.si/ (noun): A lack or shortage of necessary substances in the body.
3. **Vital** /'vaɪ.təl/ (adjective): Absolutely necessary or essential; critical for life or health.
4. **Prevalent** /'prɛv.ə.lənt/ (adjective): Widespread in a particular area at a particular time.
5. **Significance** /sɪg'nɪf.ɪ.kəns/ (noun): The quality of being worthy of attention; importance.
6. **Sustaining** /sə'steɪ.nɪŋ/ (verb): Supporting or maintaining something over time.

Comprehension Questions

Multiple Choice

1. Which essential micronutrient deficiency affects the highest percentage of the global population according to the study?
Option: Iodine
Option: Vitamin E
Option: Calcium
Option: Iron
2. Which gender is highlighted to face higher deficiencies in iodine, vitamin B12, iron, and selenium?
Option: Women
Option: Men
Option: Both genders equally
Option: No specific gender mentioned
3. Which micronutrient deficiency affects the lowest percentage of the global population according to the study?
Option: Vitamin E
Option: Vitamin C
Option: Folate
Option: Riboflavin
4. What was one of the key nutrients mentioned to have lower levels in men according to the study?



- Option: Magnesium
- Option: Iron
- Option: Vitamin C
- Option: Riboflavin

5. How many essential micronutrients were identified in the study to have more than half of the global population with insufficient levels?

- Option: Three
- Option: Five
- Option: Seven
- Option: Nine

6. Which nutrient deficiency was particularly widespread according to the study?

- Option: Vitamin E
- Option: Riboflavin
- Option: Iron
- Option: Folate

True-False

- 7. The study published in The Lancet identified deficiencies in only four essential micronutrients in the global population.
- 8. The study suggested that men might exhibit higher deficiencies in key nutrients compared to women.
- 9. Maintaining adequate levels of micronutrients is important for sustaining energy levels.
- 10. The study estimated that over 4 billion individuals could be deficient in folate.
- 11. Iron deficiency was not highlighted as a critical public health issue in the study.
- 12. Micronutrients play a vital role in influencing mental well-being.

Gap-Fill

13. According to the study, more than half of the global population may not be receiving sufficient amounts of _____ essential micronutrients.



14. Iron deficiency was particularly _____ according to the study.
15. The study highlighted _____ disparities in nutrient intake.
16. Maintaining adequate levels of these nutrients is crucial for sustaining _____ levels and supporting bodily functions.
17. The Lancet published the study that shed light on a critical global public health issue related to _____ deficiencies.
18. Vitamin C was identified to be deficient in approximately _____ % of the global population.

Answer

Multiple Choice: 1. Iodine 2. Women 3. Vitamin C 4. Magnesium 5. Seven 6. Iron

True-False: 7. False 8. False 9. True 10. True 11. False 12. True

Gap-Fill: 13. seven 14. widespread 15. gender 16. energy 17. nutrient 18. 53

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which word means present appearing or found everywhere?
- Option: Ubiquitous
 - Option: Versatility
 - Option: Moderation
 - Option: Hydration
2. What is the process of providing an adequate amount of water to bodily tissues?
- Option: Composition
 - Option: Hydration
 - Option: Detrimental
 - Option: Extinction
3. Which term refers to essential nutrients required by the body in small amounts?



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- Option: Mitigate
Option: Ubiquitous
Option: Micronutrient
Option: Polypharmacy
4. Which word describes something delicate and precise yet difficult to perceive?
Option: Versatility
Option: Subtle
Option: Autoimmune
Option: Complications
5. What term indicates something causing harm or damage?
Option: Incidence
Option: Detrimental
Option: Advocate
Option: Mitigate
6. Which term refers to the avoidance of excess or extremes?
Option: Psychotropic
Option: Moderation
Option: Sustaining
Option: Prevalent
7. What describes the makeup or structure of something?
Option: Replenish
Option: Composition
Option: Versatility
Option: Sustaining
8. What term refers to a process causing redness swelling and pain in the body?
Option: Prevalent
Option: Mitigate
Option: Inflammatory
Option: Versatility
9. Which term refers to a condition where the body's immune system attacks its own cells?
Option: Autoimmune
Option: Sustenance
Option: Psychotropic
Option: Hydration
10. What are substances that conduct electricity when dissolved in water?
Option: Detrimental



- Option: Ubiquitous
- Option: Electrolytes
- Option: Moderation

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The _____ of skills in the team allowed them to adapt to various challenges.
12. It is important to implement strategies to _____ the effects of climate change.
13. Vitamin D deficiency is quite _____ in regions with limited sunlight.
14. The conservation efforts are aimed at preserving and _____ the natural environment.
15. The patient developed severe _____ after the surgery.
16. She has always been an _____ for animal rights.
17. After a strenuous workout it is important to _____ fluids and nutrients.
18. Sleep is _____ for overall health and well-being.
19. The discovery of a new species in the area highlights the ecological _____ of the region.
20. The _____ of diabetes has increased in urban populations over the years.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Eating a balanced diet with fruits and vegetables is essential for maintaining good health.
22. Conservation efforts are crucial to protect endangered species from disappearing completely.
23. The chef's versatility in preparing various cuisines impressed the restaurant patrons.
24. Certain medications have psychotropic effects that can impact mood and perception.
25. The elderly patient experienced adverse effects due to the practice of polypharmacy.
26. Excessive sugar consumption can have detrimental effects on overall health.



27. Planting trees is one way to mitigate the impact of carbon emissions on the environment.

28. The organization serves as an advocate for marginalized communities striving for social justice.

29. Micronutrient deficiencies can lead to various health issues if not addressed through proper diet.

30. The gut microbiome plays a crucial role in digestion and immune function.

Answer

Multiple Choice: 1. Ubiquitous 2. Hydration 3. Micronutrient 4. Subtle 5. Detrimental 6. Moderation
7. Composition 8. Inflammatory 9. Autoimmune 10. Electrolytes

Gap-Fill: 11. Versatility 12. Mitigate 13. Prevalent 14. Sustaining 15. Complications 16. Advocate 17.
Replenish 18. Vital 19. Significance 20. Incidence

Matching sentence: 1. Nourishing 2. Extinction 3. Versatility 4. Psychotropic 5. Polypharmacy 6. Detrimental
7. Mitigate 8. Advocate 9. Micronutrient 10. Microbiome

CATEGORY

1. Health - LEVEL5

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