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PBL 1 FILA table

FACTS	IDEAS	LEARNING OUTCOME	ACTION
2 y/o daughter - stop playing with friends, feels tired all the time, no appetite to eat. 7 y/o son – grades started to drop, fall asleep in class. - loss of energy, concentration, and tiredness - irritability - Abdomen started to swell, arms and legs got very thin, could see ribs poking through her chest, hair started to grow a yellow-reddish colour, chunks of it started to fall out - Thin arm, swollen stomach/legs - Changing hair colour - Loose skin under the bottom - thinner hair - change in skin colour	- What are the other symptoms of malnutrition? - What causes a person/child to be malnourished? - Who are the risk factors of malnutrition?	- Symptoms of malnutrition - Causes of malnutrition - Risk factors of malnutrition	- Children who are malnourished will fall sick easily due to their weakened immune system. They may also suffer from problems with mood swings, anxiety and other psychiatric symptoms. Some may easily get bruises due to the lack of vitamin C (fruits and vegetables) in their diet, which would eventually lead to a disease called scurvy. - Causes are : 1. Low intake of food 2. Mental health conditions such as people with depression and anorexia nervosa 3. Social and mobility problems such as having limited cooking skills and not having enough money to spend on food. - Risk factors are

			people with low income, people living with a serious illness, those who have difficulty absorbing nutrients and people with bulimia or anorexia nervosa.
Mother often feeds her family with sweet potatoes, bananas, and cassava	- What are the right variety of food needed to be taken to be healthy and strong?	Food variation is important to avoid malnutrition. Malnutrition is about quantity and also quality of food	- The right variety of food is to include carbohydrates, proteins, fruits and also vegetables all in one plate. - It is also important to take three meals per day to ensure a healthy body.
Health worker measured her daughter's arms with a tape (MUAC tape) with 3 colours; red, yellow, green	- What is the arm circumference of a healthy/malnourished child? - What does red, yellow and green indicate?	MUAC tape used to identify malnutrition	- The arm circumference of a severely malnourished child is less than 125 mm, while a moderately malnourished child is between 125 mm to 135 mm, in 1 to 5 years of age. Meanwhile, the arm circumference of a healthy child is about 150 mm to 170 mm. - Red colour indicates severely malnourished, yellow indicates moderately malnourished, while green indicate that the child is healthy.
Malnutrition stops children from growing tall and strong, and affect how well they do at school Affect can be permanent	- How does malnutrition cause death? - Why does it easily affect small children?	Affect of malnutrition	- Malnutrition cause death in malnourished children by making these individuals more susceptible to infectious disease,

towards a child below 2 y/o			particularly common childhood diseases (malaria, cholera, diarrhea, pneumonia, etc.). Once infected, their malnourished state will increase the severity of the disease and increase the duration of infection. Without proper and appropriate treatment, adequate nutrition, safe water and food, the individual may eventually die. - Malnutrition easily affect small children because they do not have enough food to eat or not eating the right amount of food, poor maternal health and nutrition, and inappropriate infant and young child feeding and care in early life.
Easily get diseases such as cholera, diarrhea, malaria	- What are some of the diseases caused by malnutrition?	Diseases caused by malnutrition	I) Cholera-an infectious disease that causes severe watery diarrhoea, caused by drinking water or eating food contaminated by faeces of a person with the infection. If left untreated, it will lead to dehydration and even death. II) Malaria - malaria is a mosquito-borne disease that infects humans and animals caused by single-celled microorganisms of the

			<i>Plasmodium</i> group. It is most commonly spread by an infected female <i>Anopheles</i> mosquito. Symptoms of malaria include fever, tiredness, vomiting and headaches which occur ten to fifteen days after being bitten by infected mosquito. In severe cases, it can cause yellow skin, seizure, coma and death. III) Diarrhoea - characterized by loose, watery stool and the frequent need to have bowel movements. It can be acute or chronic. Acute diarrhoea usually lasts no more than two days as a result of a viral or a bacterial infection or even food poisoning while chronic diarrhoea lasts up to at least four weeks as a result of intestinal disease or disorder known as the celiac disease or Crohn's disease. <i>Rotavirus</i> is a more common cause of childhood diarrhoea along with bacterial infections caused by <i>salmonella</i> or <i>E.coli</i>. Diarrhoea is a serious condition among babies and young children as it can lead to severe dehydration in just one day.
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Food divided into three families; protein, carbohydrates, vitamins	- What are the examples? - What benefit does it give to our body?	Food pyramid	- Protein helps to build and repair tissues, build blocks of bones, muscles, cartilage, skin and blood. Examples are fish, eggs, chicken breast. - Carbohydrates provide our body with energy. Examples are rice, potatoes and bread. - Vitamins perform hundreds of roles in the body, heal wounds, bolster your immune system, convert food into energy, and repair cellular damage. Examples are tomatoes, carrots, apples and spinach.
Breastfeeding babies is important	- Why is breastfeeding important? - How does it prevent malnutrition? - What are the main differences between breast milk and baby formula?	Importance of breastfeeding	- Supplies all the necessary nutrients in the proper proportions. Protects against allergies, sickness, and obesity. Protects against diseases, like diabetes and cancer. Protects against infections, like ear infections. - Breast milk contains the ideal mix of nutrients for infants, because it contains factors which promote development of the infant's gut and immune system, which

			prevent pathogen invasion, and because exclusive breast-feeding prevents intake of pathogens in food or water. - The main differences between breast milk and baby formula are breast milk contain more vitamins and minerals than baby formula. Breast milk is easier to digest than baby formula so babies are often less constipated and gassy.
Plant a variety of vegetables around the house	- Why should we grow our own vegetables? - What are the differences between planting our own vegetables and buying them from the grocery stores? - How does it affect our lifestyle?	Benefits of planting our own vegetables	- <i>More diverse and healthy diet, packed with vitamins, minerals and antioxidants. Food in its rawest, freshest form has the most nutrition. Self-planted vegetables can produce better organic food.</i> - <i>Most of the vegetables sold in grocery stores go through a long process of harvesting, shipping and</i>

			<i>distribution to stores. It does not retain as much nutritional value compared to self-planted vegetables and the quality of plantation is more ensure and safe. Besides that, we can control the use of pesticides and fertilizers.</i> - Healthier lifestyle and better physical appearance since we consume sufficient nutrition from our self-planted vegetables. This also helps us to do more physical exercises outside our house by planting a variety of fruits and vegetables. It will eventually strengthen our immune system.
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Conclusion

From this PBL discussion, we learn that malnutrition is something that we should all be aware of. The effect of malnutrition can worsen from severe to death. Therefore, it is important to not overlook this issue. We can start preventing malnutrition by going for a regular medical check-up and prioritize a good quality and quantity of food. Other than that, planting our own vegetables and fruits will provide a variety of healthy diet. This will also ensure a sufficient supply of nutrition which can lead to a healthier lifestyle with stronger immune system to fight against invasive disease.