**ACTIVITIES FOR UNIT 5**

Read literature on nutrition and health and perform the following activities:

1. Explain how the following factors affect Nutrition of a person?
2. Ethnic group
3. Race
4. Culture
5. socio-economic factors
6. age
7. Health and mental Status
8. Describe nutrition requirements for the following groups of people
   * 1. Pre and school age
     2. Adolescents
     3. Adults
     4. Women
        1. During pregnancy
        2. While breastfeeding
     5. Men
     6. The elderly
     7. Sick children
9. Obesity is one of the types of malnutrition that is emerging in recent times:

Identify the conditions that an obese person is likely to have

How would you recognize obesity?

Why are more people obese these days?

How can an obese person be managed?

How can obesity be prevented?