

Problems with losing weight

- People should not suddenly start taking vigorous exercise as it can cause other health problems

A good diet:

- All nutrients
- Lots of fruit and vegetables
- Avoid too much fat and carbohydrates

Lack of food

Some people in the world are underweight and malnourished (lack/too much of food) as there is not enough food. Civil wars, pests, and the weather can destroy local food.

Deficiency diseases

Diseases can occur from a lack of food. Commonly, a lack of mineral ions and vitamins. They can also occur in an unbalanced diet.

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Key Points

- If you take in more energy than you use, you will store the excess as fat
- Obese people have more health problems than others
- People who do not have enough to eat can develop serious health problems
- Exercise helps reduce weight and maintain health