Assignment 2: Nutrition, Health and Environment Issues

Objectives:

1. To investigate the health issues related to environment problem
2. To understand the Malaysian Food act and regulations
3. To understand the consumer issues (i.e., increasing food price, halal and haram) in related to Malaysian context
4. To explore the health issues related to social problems

Introduction:

Nutrition is the major modifiable determinant of chronic diseases. The change of diet will influence the current health status, and at the same time will influence the future health of individuals. Therefore, the balance diet is vital to prevent from chronic diseases such as obesity, cardiovascular disease, hypertension, diabetes mellitus and cancer. Balanced diets means getting the right type and amount of foods and drink to supply nutrient and energy to maintain body cells, tissues, and organs, and to support normal growth and development, and at the same time can reduce the risk of chronic diseases. A balance diet must contain carbohydrates, protein, fat, vitamins, minerals, water and fiber.

Everything which surrounds us may collectively be termed as the environment. Environment can be categorized into nature environment such as air, water and soil; physical environment; biological environment and chemical environment. In addition, the man-made environment such as physical structures where people live and work (i.e: homes, office, school, farm and factory), as well as community system such as road and transportation systems, land use practice and waste management and social environment that include lifestyle factors (diet and exercise), socioeconomic status and other societal influences may affect the health status of individuals.
The interaction of the environment (nature environment, man-made environment and social environment) with a person’s genetic make-up can shift the balance between health and disease. Studies reported that even though the genetic play a big role, environment is the triggers for disease to develop. Currently, many health issues are related to environmental problems such as global warming, pollutions and environmental disasters as well as social problems that are growing concern worldwide. Human activities generate the negative impact on the environment that drove to human health disturbances. For example, pollutions from pesticides residue can cause health problems such as cancer, allergies and other effects that might occur over a long period of time. Air pollution from motor vehicles, power plants and various industrial activities can cause respiratory illness such as asthma, chronic obstructive pulmonary disease (COPD) and allergies.

Procedure:

1. Students in groups of **two** will work together to prepare this assignment.

2. In a group, please choose **ONE** of the following topics:
   1. Air pollution
   2. Water Pollution
   3. Noise Pollution
   4. Radiation Pollution
   5. Soil Pollution
   6. Halal and Haram Issues
   7. Malaysian Food Act 1983 and Food Regulation 1985
   9. Malaysian Food Hygiene Regulation 2009
   10. Influence of Rising Food Prices among Low-Income Households
   11. Social Health: Drug Abuse
   12. Social Health: Sex Issues and Sex Education among Adolescent
   13. Social Health: Lesbian, Gay, Bisexual, Transgender (LGBT)

3. In a group, you need to do a research (**library or online**) for the topic you have choose. If needed, you can do an **interview with the experts or do a survey to obtain first hand-information** of the topic.

4. Distribute the workload among your group members and **INDICATE the contribution and input of each member in the report**.

5. An assignment should be typed in Arial /Times New Roman (font 11/12) with a total pages of 20 (not include appendixes) and double spacing.

6. Prepare a group report for submission. The format of the report is up to the ingenuity and creativity of the group. Grading will be according to the following criteria:
a. Introduction (5%)
b. Problem statement (5%)
c. Objectives (5%)
d. Discussion (25%)
e. References (10%)

7. Submission of assignment 2 is on **week 12th**.