

## Deficiency Diseases

### A. Choose the correct answer:

1. Which of the following is a major nutrient required by the human body?
  - a) Plastic
  - b) Carbohydrates
  - c) Sand
  - d) Glass
2. What is the primary function of proteins in our diet?
  - a) Provide energy
  - b) Build and repair body tissues
  - c) Help in digestion
  - d) Give color to food
3. Which vitamin is essential for good eyesight?
  - a) Vitamin A
  - b) Vitamin C
  - c) Vitamin D
  - d) Vitamin K

### B. Fill in the Blanks:

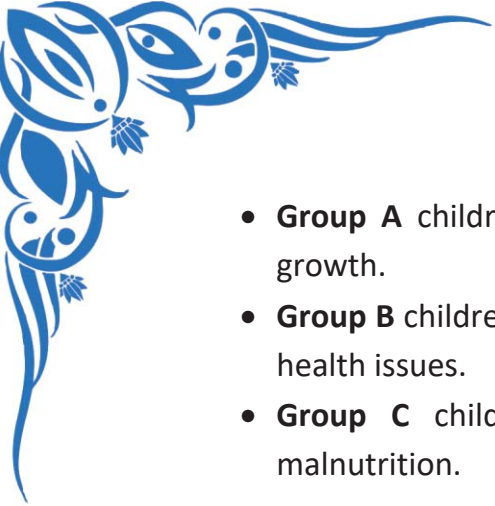
1. \_\_\_\_\_ are energy-giving nutrients found in foods like rice, bread, and potatoes.
2. \_\_\_\_\_ help in protecting our body from diseases and keeping us healthy.
3. Lack of iron in the diet can lead to \_\_\_\_\_, a condition where the blood cannot carry enough oxygen.

### C. Case Study:

A nutritionist named Dr. Arjun wanted to study the effects of different diets on children's health. He observed three groups of children over a month:

- **Group A** ate a balanced diet including carbohydrates, proteins, fats, vitamins, and minerals.
- **Group B** consumed mostly junk food with high sugar and fat content but lacked proteins and vitamins.
- **Group C** had an insufficient diet with very little food intake.

At the end of the study, he noted the following results:



- **Group A** children were active, had good energy levels, and showed proper growth.
- **Group B** children gained excessive weight but often felt tired and had frequent health issues.
- **Group C** children were weak, had low energy, and showed signs of malnutrition.

#### **Questions & Answers:**

1. What was Dr. Arjun's main objective in this study?
2. Why did the children in Group A show better health and energy levels?
3. What were the negative effects observed in Group B and Group C?
4. What conclusion can be drawn about the importance of a balanced diet?

#### **D. Short Answer Questions:**

1. What are the different components of food, and why are they important?
2. How does a lack of vitamins and minerals affect human health?
3. Why is water considered an essential component of food?

#### **E. Long Answer Questions:**

1. Explain the importance of a balanced diet and how it affects overall health.
2. Discuss the role of proteins, carbohydrates, and fats in our body with examples of foods rich in these nutrients.
3. What are deficiency diseases? Explain with examples of diseases caused by lack of different nutrients.