

Components of Food

A. Choose the correct answer:

1. Which of the following is a disease caused by a deficiency of vitamin C?
 - a) Rickets
 - b) Scurvy
 - c) Night blindness
 - d) Beriberi
2. What nutrient deficiency causes weak bones and rickets in children?
 - a) Vitamin A
 - b) Vitamin D
 - c) Iron
 - d) Protein
3. Which of the following is a symptom of iron deficiency anemia?
 - a) Weakness and fatigue
 - b) Strong muscles
 - c) Improved vision
 - d) Increased energy levels

B. Fill in the Blanks:

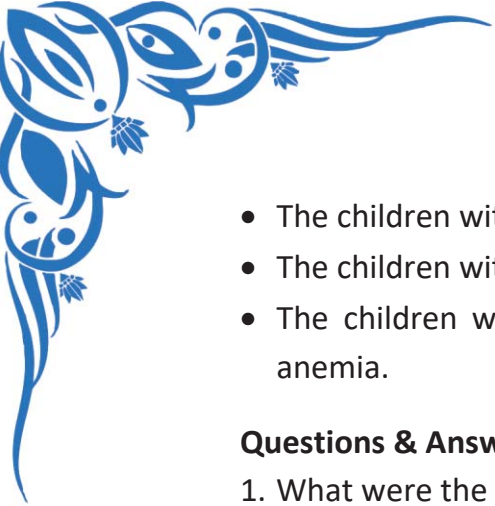
1. A lack of sufficient iron in the diet can lead to _____, a condition that causes fatigue and weakness.
2. The deficiency of vitamin A can cause a disease called _____, which affects vision.
3. Protein deficiency in children can lead to a disease known as _____, causing swelling and growth problems.

C. Case Study:

A health researcher, Dr. Ananya, conducted a study on children in a rural area where many were suffering from malnutrition. She observed the following symptoms:

- Some children had swollen bellies, thin arms, and legs, and showed signs of stunted growth.
- Others had weak bones, bowed legs, and difficulty walking.
- A few children had pale skin, felt constantly tired, and lacked energy.

Dr. Ananya collected data and found that:



- The children with swollen bellies were lacking protein in their diet.
- The children with weak bones had vitamin D deficiency.
- The children with pale skin and fatigue were suffering from iron deficiency anemia.

Questions & Answers:

1. What were the three main health problems observed in the children?
2. Which nutrient deficiency caused weak bones and difficulty walking?
3. What dietary suggestions could help improve the health of these children?
4. Why is protein important for children's growth and development?

D. Short Answer Questions:

1. What are some common diseases caused by nutritional deficiencies?
2. How does iron deficiency affect the human body?
3. Why is a balanced diet important for good health?

E. Long Answer Questions:

1. Explain how different vitamin and mineral deficiencies affect the human body with examples.
2. What are the causes and symptoms of protein-energy malnutrition, and how can it be prevented?
3. Describe the importance of a balanced diet and how it can prevent nutritional deficiency diseases.