



Lifestyle and Deficiency Disease

A. Choose the Correct Answer:

1. What is a deficiency disease?

- A) A disease caused by bacteria
- B) A disease caused by viruses
- C) A disease caused by lack of essential nutrients
- D) A disease caused by overeating

2. Which nutrient deficiency causes night blindness?

- A) Vitamin A
- B) Vitamin C
- C) Calcium
- D) Iron

3. What lifestyle habit can help prevent deficiency diseases?

- A) Eating only junk food
- B) Sleeping all day
- C) Maintaining a balanced diet
- D) Avoiding physical activity

B. Fill in the Blanks:

1. Deficiency of _____ causes weak bones and teeth.
2. A lack of iron in the diet can lead to _____.
3. _____ is essential to prevent deficiency diseases and maintain good health.

C. Case Study:

Rohan has been feeling weak and tired for several weeks.

- He often skips meals and eats mostly junk food.
- His doctor diagnosed him with iron deficiency anemia, which caused his fatigue.
- The doctor advised Rohan to include iron-rich foods like spinach, nuts, and whole grains in his diet.
- He also recommended regular physical activity and drinking enough water to stay healthy.



Case Study Questions:

1. What deficiency disease was Rohan diagnosed with?
2. What caused Rohan's deficiency disease?
3. Which foods did the doctor recommend to treat Rohan's condition?
4. Why is regular physical activity important for staying healthy?

D. Short Answer Questions:

1. What are deficiency diseases? Give two examples.
2. How does lack of vitamin C affect the body?
3. Why is it important to eat a balanced diet to prevent deficiency diseases?

E. Long Answer Questions:

1. Explain what deficiency diseases are, their causes, and prevention methods.
 2. Describe the symptoms and effects of iron, calcium, and vitamin D deficiencies.
 3. How does an unhealthy lifestyle contribute to deficiency diseases?
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