

Diseases Caused by Deficiency of Minerals

1. Answer the following questions:

A. What do you mean by minerals?

B. What do you mean by Hemoglobin?

C. How we come up by Anaemia?

2. Write True or False:-

A. Calcium and Magnesium are important for our body.

B. Salt is not important source of iodine.

C. Apple and banana are rich in iron.

3. Fill in the blanks:-

A. _____ is the disease caused by the deficiency of iodine.

B. The symptoms of anemia is _____.

C. _____ is rich in iron.

4. Match the following:-

Column A	Column B
i. Iodine	A. Rich in iron
ii. Red blood cells	B. Seaweed and fish
iii. Banana	C. Spinach