

Diseases Caused by Deficiency of Vitamin

1. Answer the following questions:

A. What do you mean by vitamin?

B. What is night blindness?

C. What food a person should eat if he/she is suffering from rickets?

2. Write True or False:-

A. Lack of vitamin B1 causes beriberi.

B. Vitamin C is important for bleeding gums disease.

C. Night blindness caused by the deficiency of vitamin A.

3. Fill in the blanks:-

A. _____ is found in carrot.

B. _____ is rich in vitamin B1.

C. In case of _____ disease you should eat beans.

4. Match the following:-

Column A	Column B
i. Vitamin A	A. Meat
ii. Vitamin B	B. Eggs
iii. Vitamin C	C. Butter
iv. Vitamin D	D. Oranges