

Deficiency Diseases

1. Fill in the blanks

- A. If bleeding gums, wounds take longer time to heal, this is the symptom of lack of _____
- B. Lack of iodine _____ disease will happen
- C. Weakness is the symptom of _____
- D. Beriberi is the disorder because of _____ deficiency.
- E. Deficiency of _____ causes anemia.
- F. Vitamin _____ keeps our skin healthy.

2. True or false

- A. Deficiency of different vitamins and minerals can result in diseases or disorders.
- B. Deficiency disease can be prevented by taking a balanced diet.
- C. Vitamins help in protecting our body against diseases.
- D. Carrot and spinach is the rich source of vitamin A.
- E. Vitamin D helps in clotting of blood.

3. Match the following:-

Column A	Column B
I. Vitamin A	A. Bones and tooth decay
II. Vitamin B	B. Rickets
III. Vitamin C	C. Scurvy
IV. Vitamin D	D. Beriberi
V. Calcium	E. Loss of vision

4. Answer the following questions

A. What is deficiency disease?

B. What happens if a person doesn't get enough nutrients in diet?

C. What will happen if protein and carbohydrates are not present in the food?