

Q.1 Fill in the blanks.

(5)

- (1) Diseases caused by an insufficient quantity of nutrients in ones diet are called _____ diseases.
- (2) A large number of people in the world live in _____ .
- (3) _____ people suffer from deficiency related diseases.
- (4) Deficiency of carbohydrates and protein in the diet causes disease like _____ and _____ .
- (5) Anaemia is caused due to deficiency of _____ in the body.

Q-2 Write 'T' for true and 'F' for false sentences.

(5)

- (1) Goitre is caused due to shortage of iodine.
- (2) A person suffering from goitre should not eat iodized salt.
- (3) Minerals are important for a healthy body.
- (4) The liver gets enlarged in Kwashiorkor.
- (5) A person suffering from scurvy tends to be bow legged.

Q.3 Write down one symptom for the following.

(5)

- (1) Beriberi
- (2) Rickets
- (3) Scurvy
- (4) Marauds
- (5) Kwashiorkor

Q.4 Match the following.

(5)

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|---------------|--------------------|
| (1) Vitamin B | Shortage of iron |
| (2) Vitamin A | Shortage of iodine |
| (3) Vitamin C | Beriberi |
| (4) Anaemia | night blindness |
| (5) Vitamin D | scurvy |
| | rickets |
