Q.1. Fill in the blanks:-

a) The food we eat has some chemical substance called_____

b) A diet that contains all the important nutrients in the right amount is called a _____.

c) _____is that part of food which cannot be digested by body.

d) The diseases caused by the lack of important vitamins and minerals are called_____ diseases.

Q.2. Name the nutrients:-

a) that provide energy _____ _____

b) that build the body _____ _____

c) that protect from diseases _____ _____

Q.3. Name the deficiency diseases caused due to lack of the following vitamins and minerals:-

a) Vitamin A _____ b) Vitamin B1 _____

c) Vitamin C _____ d) Vitamin D _____

e) Iron _____ f) Iodine _____

LIVEWORKSHEETS