Name: _____

1. **Which vitamin helps keep our gums healthy and prevents scurvy?**
   a) Vitamin A
   b) Vitamin B
   c) Vitamin C
   d) Vitamin D
2. **What food should we eat to get enough Vitamin D and prevent rickets?**
   a) Carrots
   b) Milk
   c) Rice
   d) Apples
3. **Which disease might you get if you don't eat enough foods with Vitamin B1 (thiamine)?**
   a) Rickets
   b) Beriberi
   c) Marasmus
   d) Scurvy
4. **What is the name of the disease that happens when a child doesn't get enough protein?**
   a) Kwashiorkor
   b) Scurvy
   c) Beriberi
   d) Rickets
5. **Which disease happens when the body doesn't get enough calories and protein over a long period?**
   a) Rickets
   b) Marasmus
   c) Beriberi
   d) Kwashiorkor

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6. **Vitamin C is important for healthy gums and skin.**
   a) True
   b) False
7. **Marasmus is a disease that happens due to a lack of both food and protein.**
   a) True
   b) False
8. **Kwashiorkor is caused by a lack of calories.**
   a) True
   b) False
9. **Beriberi can be prevented by eating foods rich in Vitamin B1, like whole grains.**
   a) True
   b) False
10. **Rickets is caused by a lack of Vitamin D, which helps build strong bones.**
   a) True
   b) False

Part 2 - Match the deficiency disease with the correct food to prevent it:

1) Scurvy
   a) Oranges
   b) Meat
   c) Bread
2) Rickets
   a) Water
   b) Bananas
   c) Milk

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3) Marasmus
    a) Spinach
    b) Rice and Beans
    c) Bananas
4) Beriberi
    a) Apples
    b) Milk
    c) Whole grains
5) Kwashiorkor
    a) Fish
    b) Candy
    c) Juice

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