

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

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

- 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