



Deficiency of Vitamins



1. Complete the table given below :

<u>Vitamin</u>	<u>Deficiency</u>	<u>Sources</u>
A. Vitamin A	(i) _____	(ii) _____
B. Vitamin B	(i) _____	(ii) _____
C. Vitamin B ₂	(i) _____	(ii) _____
D. Vitamin B ₆	(i) _____	(ii) _____
E. Vitamin B ₇	(i) _____	(ii) _____
F. Vitamin B ₁₂	(i) _____	(ii) _____
G. Vitamin C	(i) _____	(ii) _____
H. Vitamin D	(i) _____	(ii) _____
I. Vitamin E	(i) _____	(ii) _____
J. Vitamin K	(i) _____	(ii) _____



2. Name the diseases in below given pictures :



HELP BOX



Scurvy, Beriberi, Diarrhoea, Rickets, Goitre, Pellagra, Anemia