

Q.1. Fill in the blanks:-

- The food we eat has some chemical substance called _____.
- A diet that contains all the important nutrients in the right amount is called a _____.
- _____ is that part of food which cannot be digested by body.
- 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 _____