

**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	_____