

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
DEFICIENCY DISEASES

Answer the following questions based on your notes on Deficiency Diseases.

1. A deficiency disease is a lack of a particular N \_\_\_\_\_. Deficiency diseases can be T \_\_\_\_\_ by eating the correct or missing N \_\_\_\_\_. Eat lots of F \_\_\_\_\_ and V \_\_\_\_\_ to reduce most deficiency diseases.
2. Without enough seafood and sea salt, a G \_\_\_\_\_ may develop which is a swelling in the N \_\_\_\_\_. Eat S \_\_\_\_\_ like shrimp and fish and sprinkle iodized S \_\_\_\_\_ on your food to treat it.
3. S \_\_\_\_\_ develops if enough oranges, lemons and other citrus fruits are not eaten. This disease affects a person's G \_\_\_\_\_. Eat oranges and limes which are called C \_\_\_\_\_ F \_\_\_\_\_.
4. Bowlegs, knocked knee and weak bones is a result of a lack of Vitamin C \_\_\_\_\_, C \_\_\_\_\_ and P \_\_\_\_\_ in the diet. This weakness of the bone is known as R \_\_\_\_\_. Eat D \_\_\_\_\_ products such as M \_\_\_\_\_ and C \_\_\_\_\_ to treat it.
5. The disease B \_\_\_\_\_ sounds like fruits but it is a dangerous disorder that affects the nervous system. It is caused by a lack of Vitamin C \_\_\_\_\_ in the diet. Make a sandwich with B \_\_\_\_\_ B \_\_\_\_\_ and eat your chicken with a serving of B \_\_\_\_\_ R \_\_\_\_\_ to treat it.
6. A lack of iron in the diet can cause the disease A \_\_\_\_\_. Persons with this disease feel very W \_\_\_\_\_ and T \_\_\_\_\_ all the time and another sign of the disease is Y \_\_\_\_\_ eyes. Eat foods rich in the mineral I \_\_\_\_\_ such as the meat L \_\_\_\_\_.

7. The deficiency disease N\_\_\_\_\_ - B\_\_\_\_\_ causes a person to not see well at night or in dim light. It is caused by a lack of Vitamin \_\_\_\_\_. Eat lots of orange C\_\_\_\_\_ to treat it.