

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 _____ 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 _____ 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.