

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 | _____ |