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 oragnes 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_____.

LIVEWORKSHEETS

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.

LIVEWORKSHEETS