

Worksheet: Nutrient Deficiencies

Part I: For each description in column A, type the letter on the line of the answer it matches from column B. Each response in column B is used only once.

	Column A	Column B
1	_____ Mineral that helps to harden bones	A Anemia
2	_____ Mineral that is needed to form haemoglobin	B Ascorbic acid
3	_____ Another name for vitamin D	C Beri-beri
4	_____ Vitamin that helps the body to use energy	D Calciferol
5	_____ Is needed to help blood clot	E Calcium
6	_____ Scurvy is caused by a lack of this vitamin	F Deficiency
7	_____ Vitamin also called retinol	G Fluoride
8	_____ Deficiency disease caused by a lack of iron	H Iodine
9	_____ Vitamin that helps to harden bones	I Iron
10	_____ Mineral that helps to harden tooth enamel	J Rickets
11	_____ Another name for vitamin C	K Vitamin A
12	_____ A lack of this mineral causes goitre	L Vitamin B
13	_____ Bones are soft and deformed in this disease	M Vitamin C
14	_____ To lack a particular nutrient in your diet	N Vitamin D
15	_____ Disease caused by a lack of vitamin B-1 (thiamin)	O Vitamin K

Part II: For each picture shown, name the disease and the missing nutrient.

1



Disease: _____

Nutrient missing: _____

2



Disease: _____

Nutrient missing: _____

3



Disease: _____

Nutrient missing: _____

4



Disease: _____

Nutrient missing: _____

5



Disease: _____

Nutrient missing: _____