

# HANDS-ON SCIENCE

## Unit: Nutrition

### Topic: Deficiency Diseases



#### CLUES

#### WORDS

1. Foods to eat to prevent Scurvy -
2. Disease you may get when lacking vitamin C -
3. Disease you may get when lacking Vitamin D -
4. Foods to eat to prevent kwashiorkor -
5. Mineral lacking when you have goiter -
6. Mineral lacking when a person is anaemic -
7. Lack of Vitamin B may lead to this disease -
8. Mineral that builds and maintains strong bones and teeth -
9. Oranges, limes, grapefruit are rich in this vitamin -
10. Earth's greatest source of Vitamin D -

Sunshine

Beriberi

Chicken, Beef, Nuts

Calcium

Scurvy

Iodine

Vitamin C

Iron

Rickets

Oranges, Limes, Grapefruits

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