

Vitamins are one of the nutrients that are essential for our health. Lack of vitamins can lead to various diseases.

**A. Write the letters of the correct answer from the Help Card in the given circle :**

1. It is caused by the deficiency of Vitamin C. It causes swelling, infection and bleeding of gums. ☐



2. It is caused by the deficiency of Vitamin B. It causes skin changes, dementia, paralysis and finally death. ☐



3. It is caused by deficiency of Vitamin D. It affects the children. This hinders the proper growth of bone and the victim's leg becomes curved. ☐



4. It is caused by the deficiency of Vitamin A. It causes inability to see in the dim light. It may cause complete and permanent blindness. ☐



(a) Pellagra, (b) Rickets, (c) Scurvy, (d) Night Blindness

**B. Tick (✓) the correct alternative :**

1. It is caused by the deficiency of Iodine :

(a) Goitre

☐

(b) Scurvy

☐

(c) Osteoporosis

☐

2. It is caused by the deficiency of iron :

(a) Rickets

☐

(b) Pellagra

☐

(c) Anaemia

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