

Chapter 19

Vitamins and Deficiency Diseases

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. ( )



Help Card

(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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