

Name: \_\_\_\_\_

1. **Which vitamin helps keep our gums healthy and prevents scurvy?**
  - a) Vitamin A
  - b) Vitamin B
  - c) Vitamin C
  - d) Vitamin D
2. **What food should we eat to get enough Vitamin D and prevent rickets?**
  - a) Carrots
  - b) Milk
  - c) Rice
  - d) Apples
3. **Which disease might you get if you don't eat enough foods with Vitamin B1 (thiamine)?**
  - a) Rickets
  - b) Beriberi
  - c) Marasmus
  - d) Scurvy
4. **What is the name of the disease that happens when a child doesn't get enough protein?**
  - a) Kwashiorkor
  - b) Scurvy
  - c) Beriberi
  - d) Rickets
5. **Which disease happens when the body doesn't get enough calories and protein over a long period?**
  - a) Rickets
  - b) Marasmus
  - c) Beriberi
  - d) Kwashiorkor

6. Vitamin C is important for healthy gums and skin.
- a) True
  - b) False
7. Marasmus is a disease that happens due to a lack of both food and protein.
- a) True
  - b) False
8. Kwashiorkor is caused by a lack of calories.
- a) True
  - b) False
9. Beriberi can be prevented by eating foods rich in Vitamin B1, like whole grains.
- a) True
  - b) False
10. Rickets is caused by a lack of Vitamin D, which helps build strong bones.
- a) True
  - b) False

**Part 2 - Match the deficiency disease with the correct food to prevent it:**

- 1) Scurvy
  - a) Oranges
  - b) Meat
  - c) Bread
- 2) Rickets
  - a) Water
  - b) Bananas
  - c) Milk

- 3) Marasmus
  - a) Spinach
  - b) Rice and Beans
  - c) Bananas
- 4) Beriberi
  - a) Apples
  - b) Milk
  - c) Whole grains
- 5) Kwashiorkor
  - a) Fish
  - b) Candy
  - c) Juice