# Deficiency of Vitamins

1. Complete the table given below :

| | Vitamin | Deficiency | Sources |
|---|---|---|---|
| A. | Vitamin A | (i) _____ | (ii) _____ |
| B. | Vitamin B | (i) _____ | (ii) _____ |
| C. | Vitamin $B_2$ | (i) _____ | (ii) _____ |
| D. | Vitamin $B_6$ | (i) _____ | (ii) _____ |
| E. | Vitamin $B_7$ | (i) _____ | (ii) _____ |
| F. | Vitamin $B_{12}$ | (i) _____ | (ii) _____ |
| G. | Vitamin C | (i) _____ | (ii) _____ |
| H. | Vitamin D | (i) _____ | (ii) _____ |
| I. | Vitamin E | (i) _____ | (ii) _____ |
| J. | Vitamin K | (i) _____ | (ii) _____ |

2. Name the diseases in below given pictures :

**HELP BOX**

Scurvy, Beriberi, Diarrhoea, Rickets, Goitre, Pellagra, Anemia



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