

Vitamin	Name of the deficiency diseases	Source of Vitamin	Function of Vitamin
(a) Vitamin A	Night blindness, drying of cornea.	Carrot, yellow fruits, vegetables, buttery fish, milk	Synthesis of visual purple of retina
(b) <u>Vitamin B<sub>1</sub></u>	Beri - beris	Whole grains, eggs, nuts, legumes, yeast	<ol style="list-style-type: none"> <li>1) Carbohydrate metabolism</li> <li>2) Normal functioning of central nervous system</li> </ol>
(c) Ascorbic acid	<u>Scurvy</u> (bleeding gums)	Citrus fruits, tomatoes, germinating seeds	Maintains immune system
(d) <u>Vitamin D</u>	Rickets (in childhood) bones turn soft	Egg yolk, fish liver oil, sunlight, milk, butter	controls calcium - phosphate metabolism.

C. V  
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Name the following:-

1. Ans ~~Polio~~ Polio
2. Ans → Filariasis
3. Ans → Malaria
- (4) Ans Rabies
- (5) Ans. Kwashiorkor, marasmus.
- (6) Ans → Typhoid, ~~Cholera~~ cholera, Anorexia
- (7) Ans AIDS
- (8) Ans atherosclerosis