

# (A) a) Vitamin A

Vitamin	Name of the deficiency disease	Source of vitamin	Function of vitamin
a) Vitamin A	Drying of cornea, night blindness	carrot yellow fruits, vegetable, butter, fish, milk	vision, immunity and growth
b) Vitamin B <sub>1</sub>	Beri-Beri	wheat grains, eggs, nuts	Energy metabolism
c) Ascorbic acid	Scurvy	tomatoes, germinated seeds	collagen synthesis, Antioxidant
d) Vitamin D	Rickets bone turns soft	Sunlight, milk	Bone growth & Maintenance



B. Name of the following

1. A bacterial disease caused due to contaminated water  $\rightarrow$  Cholera
2. A disease caused due to plasmodium  $\rightarrow$  Malaria
3. A disease caused due to the bite of female culex mosquito  $\rightarrow$  Elephantiasis
4. A viral disease spread by the bite of the dog  $\rightarrow$  Rabies
5. Two diseases caused due to deficiency of protein in the diet of a child  $\rightarrow$  Kwashiorkor, Marasmus
6. Any three water-borne diseases  $\rightarrow$  Typhoid, Malaria and cholera
7. A viral disease caused due to unhealthy sexual contact  $\rightarrow$  Genital warts
8. A disease caused due to choking of the coronary