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<u>Vitamin</u>	<u>Name of the deficiency Disease.</u>	<u>Source of Vitamin</u>	<u>Function of Vitamins</u>
Vitamin A	Night blindness	Carrot, milk, butter, fish, yellow fruits, vegetables	Promotes good eyesight and improves immune to the functioning of immune system.
Vitamin B <sub>1</sub>	Beri-beri	Whole grains, eggs, nuts, legumes, yeast	Helps in carbohydrate metabolism, muscle contraction and conduction of nerve signals
Ascorbic Acid	Scurvy	Citrus fruits, tomatoes, germinating seeds	Growth, development and repair of all body tissues and helps in absorption of iron. It also helps in proper functioning of immune system.

d) Calciferol - Rickets (in childhood) - Egg yolk, fish liver, bones turn soft, oil, sunlight, milk, butter

### Functions of calciferol -

Promotes calcium absorption in gut and maintains adequate serum calcium and phosphate concentrations to enable normal bone mineralization. Prevents contraction of muscles.

### Name the following →

1) A bacterial disease caused due to contaminated water.

Ans) Typhoid is a bacterial disease caused due to contaminated water.

2) A disease caused by Plasmodium.

Ans) Malaria is a disease caused by Plasmodium.

3. A disease caused due to the bite of female Culex mosquito.

Ans → Filariasis is a disease caused due to the bite of female Culex mosquito.

4. A viral disease sprayed by the bite of a dog.

Ans → Rabies is a viral disease sprayed by the bite of a dog.

5. Two diseases caused due to deficiency of protein in the diet of a child.

Ans → Kwashiorkor and marasmus are two diseases caused due to deficiency of protein in the diet of a child.

6. Any three water-borne diseases.

Ans → Cholera, Typhoid and Amoebiasis are three water-borne diseases.

7. A viral disease caused due to unhealthy sexual content.

Ans → AIDS is a viral disease caused due to unhealthy sexual content.

8. A disease caused due to choking of the ~~coro~~ coronary artery.

Ans → Atherosclerosis is the disease caused due to choking of the coronary artery.