

HW  
2/11/21

Vitamin	Name of the Deficiency Diseases	Source of Vitamin	Functions of Vitamin
a) Vitamin A	Night Blindness	Spinach, Carrot, Mangoes, Butter	Helps in good eyesight and skin.
b) Vitamin B <sub>1</sub>	Beri-Beri	eggs, meat, yeast, mushrooms, tomatoes.	Helps in changing the carbohydrates into energy.
c) Ascorbic acid.	Scurvy	lemon, oranges, avocado	Helps in the growth, repair and development of all body tissues.
d) Vitamin D	Rickets (in childhood) bones turn soft.	milk, fish, liver-oil, mushrooms, sunlight.	Helps in keeping bones strong and in the regulation of calcium.

Name the following:-

- ① A bacterial ~~dise~~ disease caused due to contaminated water - ~~Moraxella~~ cholera
- ② A disease caused due to Plasmodium - Malaria
- ③ A disease caused due to the bite of female Culex mosquito. - ~~Japanese~~ ~~encephalitis~~ elephantiasis
- ④ A viral disease sprayed ~~due~~ <sup>by</sup> to the bite of a dog - Rabies
- ⑤ Two diseases caused due to deficiency of protein in the diet of a child - Marasmus, Kwashiorkor
- ⑥ Any three water-borne disease - Typhoid, Cholera, Malaria.
- ⑦ A viral disease. caused due to unhealthy sexual contact - Aids.
- ⑧ A disease caused due to choking of the coronary artery - ~~Cardiac~~ Cardiac Arrest.