

Vitamin	Name of deficiency disease	Source of vitamin	Function of vitamin
a) Vitamin A	Night Blindness	Carrot, Yellow fruits	It produces pigment in retina of eye
b) Vitamin B1	Beri-Beri	Whole grains Eggs, etc.	Helps break down carbohydrates and proteins for energy
c) Ascorbic Acid	Scurvy	Citrus fruits tomatoes, germinating seeds	Helping to protect cells and keeping them healthy. Maintaining healthy skin blood vessels
d) Vitamin D	Rickets	Egg yolk, fish liver oil, milk sunlight, Datta in the sun	It promotes calcium absorption

Phenomenon - Cause - M. Vialy

Name the following

1. A bacterial disease caused due to contaminated water. Cholera
2. A disease caused due to plasmodium. Malaria
3. Disease caused due to bite of female culex mosquito. Elephantiasis
4. Viral disease spread by bite of dog. Rabies
5. Two disease caused due to deficiency of protein in diet of child like kwashiorkor and Marasmus

2. They possess haemoglobin

6. Any three water borne diseases
Cholera, Typhoid, Jaundice

7. A viral disease caused for unhealth
sexual contact. AIDS

8. A disease caused due to choking of
coronary artery. Heart attack