

# Lesson - Health and Hygiene

## Home work

Vitamin	Name of the deficiency disease
(a) Vitamin A	night blindness, drying of cornea
(b) Vitamin B <sub>1</sub>	Beri - Beri
(c) Ascorbic acid	scurvy (bleeding gum)
(d) Vitamin D	Rickets (in childhood) bones turn soft

### Source of vitamin

### Function of vitamin

(a) Carrot, yellow fruits, vegetables, butter, fish, milk	It is helping your body's natural defence against illness and infection.
(b) whole grains, eggs, nuts, legumes, yeast	It helps the body's cells change carbohydrates into energy.
(c) Citrus fruits, tomatoes, germinating seeds	It is necessary for the growth, development and repair of all body tissues.
(d) Egg yolk, milk, butter, fish liver oil, sunlight	

Function of vitamin:

- (d) It help in build bones  
and keep bones strong  
and healthy.

Name the following:

- 1- A bacterial disease caused due to contaminated water: Cholera
- 2- A disease caused due to plasmodium: Malaria
- 3- A disease caused due to the bite of Culex mosquito: Filariasis (Elephantiasis)
- 4- A viral disease spread by the bite of a dog: Rabies / Hydrophobia
- 5- Two diseases caused due to deficiency of protein in the diet of a child: Kwashiorkor, Marasmus
- 6- Any three water-borne disease: Malaria, Typhoid, Cholera
- 7- A viral disease caused due to unhealthy sexual contact: AIDS - Acquired immune deficiency syndrome.
- 8- A disease caused due to choking of the coronary artery: Heart disease