

Health And HYGIENE

Q.	Vitamin	disease	Source of vitamin	Function of vitamin
a)	Vitamin A	Night blindness	milk, fish, vegetable etc.	
b)	Vitamin B ₁	Beri-Beri	rice, eggs, yeast	
c)	Ascorbic acid	Scurvy	citrus fruit, tomato etc.	
d)	Vitamin D	Rickets (in childhood) bones turn soft	egg yolk, sunlight, butter, milk	

Q. Name the following (Preventive)

- Cholera
- Malaria
- Elephantiasis
- Rabies
- Measles, Kwashiorkor
- AIDS
- Heart Attack.