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| Vitamin | Name of the deficiency diseases | Source of Vitamin | Function of Vitamin |
|---------------------------|---|--|--|
| a) Vitamin A | Night blindness, drying of cornea. | Carrot, yellow fruits, butter, milk, vegetables, fish. | It is important for growth & development, for the maintenance of the immune system & for good vision, especially in low light. |
| b) Vitamin B ₁ | Beri-Beri | Whole grains, eggs, nuts, legumes, yeast. | It helps the body's cells change carbohydrates into energy. |
| c) Ascorbic acid | Scurvy (bleeding gums) | Citrus fruits, tomatoes, germinating seed | It is necessary for the growth, development & repair of all body tissues. |
| d) Vitamin D | Rickets (in childhood bones turn soft). | Egg yolk, fish liver oil, sunlight, milk, butter | It is important for the regulation of calcium & maintenance of Phosphorus levels in the blood. |

Name the following :-

1. A bacterial disease caused due to contaminated water-

Ans- Cholera

2. A disease caused due to Plasmodium

Ans- Malaria

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

Ans- Filariasis (Elephantiasis)

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

Ans- Rabies

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

Ans- Kwashiorkor and marasmus

6. Any three water-borne diseases.

Ans- Jaundice, Typhoid, Cholera

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

Ans- AIDS

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

Ans- Atherosclerosis