

Vitamin A			Function of vitamin
Vitamin	Name of the Deficiency diseases	Source of Vitamin	Function of vitamin
(a) Vitamin A	Night blindness, Drying of cornea	Carrot, yellow fruits, fish, milk.	Growth of hair, skin
(b) Vitamin B ₁	Beri-Beri	eggs, nuts, yeast, legumes	Carbohydrate metabolism
(c) Ascorbic acid	Scurvy	Citrus fruits, tomatoes.	Develops immunity
(d) Vitamin D	Rickets	egg yolk, fish liver oil, milk.	Controls calcium phosphorus, metabolism

Name the following :-

- 1) A Bacteria disease caused due to contaminated ^{at} water - cholera.
- 2) A disease caused due to Plasmodium - Malaria
- 3) A disease caused due to the bite of female culex mosquito - Filariasis / Elephantiasis
- 4) A viral disease sprayed by the bite of a dog - Rabies / hydrophobia
- 5) Two disease caused due to deficiency of Protein in the diet of a child - Kwashiorkor & Marasmus
- 6) Any three water-borne disease - cholera, Diarrhea and Typhoid.
- 7) A ~~is~~ viral disease caused due to unhealthy sexual contact - AIDS

8) A disease caused due to choking of the
Coronary artery - Atherosclerosis