

Page
Date _____
Page _____



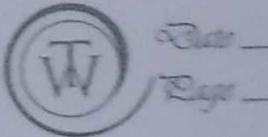
Date _____
Page _____

(2) Vitamins

| 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, hair, skin - | Growth of |
| (b) Vitamin B ₁ | Beri-Beri | eggs, nuts, carbohydrate yeast, legumes | metabolism |
| (c) Ascorbic acid | Scurvy | Citrus fruits, Develops tomatoes. | immunity |
| (d) Vitamin D | Rickets | egg yolk, fish liver oil, milk | Controls calcium phosphorus, metabolism |

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 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 viral disease caused due to unhealthy sexual contact - AIDS



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