

HW
4/11/21

classmate

Date _____

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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, vegetables, butter, fish, milk.	Helping vision in dim light. Keeping skin and lining of some parts of the body healthy.
b) Vitamin B ₁	Beri Beri	Whole grains, eggs, rice, legumes, yeast.	Helps the body's cells change carbohydrates into energy.
c) Ascorbic acid	Scurvy	Citrus fruits, tomatoes, germinating seeds.	Helps in the growth and repair of all body tissues and teeth and gums.
d) Vitamin D	Rickets (in child hood bones turn soft).	Egg yolk, fish liver oil, sunlight, milk, butter.	Absorbs both calcium and phosphorus. Helps control infections and reduces growth of cancer cell and inflammation.

1) A bacterial disease caused due to contaminated water.
ans) Cholera

2) A disease caused due to Plasmodium, Malaria.

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

4) A viral disease sprayed by the bite of a dog.
ans) Rabies / Hydrophobia.

5) Two diseases caused due to deficiency of protein in the diet of a child.
ans) Kwashiorkor and marasmus

6) Any three water-borne diseases.
ans) Amoebiasis, cholera, hepatitis A.

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.