

Name: _____ Date: _____

Science: Food and Health

Choose the best answer: (Part 4)

1. Vitamin A is cured due to the sources of _____ the nutrients.
A) Pluses B) Orange C) Papaya
2. Which deficiency disease causes bones become soft and bent _____?
A) Rickets B) Kwashiorkor C) Scurvy
3. Goitre is caused due to the deficiency of _____ in our diet.
A) Proteins & Carbohydrates B) Calcium C) Iodine
4. Vitamin D is cured due to the sources of _____ the nutrients.
A) Cereals B) Sunlight C) Tomato
5. Which deficiency disease causes swelling of the gland in the neck _____?
A) Goitre B) Anaemia C) Night Blindness
6. Which deficiency causes swollen stomach _____?
A) Vitamin C B) Proteins C) Vitamin B

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7. Night Blindness is caused due to the deficiency of _____
in our diet.

- A) Iron B) Calcium C) Vitamin A

8. Proteins & Carbohydrates is cured due to the sources of
_____ the nutrients.

- A) Fish B) Leafy Vegetables C) Egg Yolk

9. Vitamin B deficiency causes _____ the symptoms.

- A) Weakness B) Speech Difficulties C) Pale Skin

10. Calcium deficiency causes _____ the symptoms.

- A) Poor Vision B) Swelling C) Damage To Teeth



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Answer: (Part 4)

1. C) Papaya
2. A) Rickets
3. C) Iodine
4. B) Sunlight
5. A) Goitre
6. B) Proteins
7. C) Vitamin A
8. A) Fish
9. B) Speech Difficulties
10. C) Damage To Teeth



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