

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Components of Food

Q1. Match the following:

#### **Column I**

Eating of junk food

Lack of iron in diet

Lack of iodine

Over cooking of food

Absence of exposure to sunlight leads to

Lack of protein

Lack of vitamin B1

No fibre in diet

Eating Vitamin C rich diet

#### **Column II**

Goitre

Loss of vitamin C

Obesity

Kwashiorkor

Anaemia

Rickets

Constipation

Healthy gums

Beriberi

Q2. Which vitamin is not present in milk?

Ans. \_\_\_\_\_

Q3. Write the deficiency disease that causes bleeding gums.

Ans. \_\_\_\_\_

Q4. Write the deficiency disease that is caused by deficiency of iron in the diet.

Ans. \_\_\_\_\_

Q5. What is the vitamin that represents a group of other vitamins?

Ans. \_\_\_\_\_

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### Column II

→ Goitre

→ Loss of vitamin C

→ Obesity

→ Kwashiorkor

→ Anaemia

→ Rickets

→ Constipation

→ Healthy gums

→ Beriberi

Q2. Which vitamin is not present in milk?

Ans. Vitamin C

Q3. Write the deficiency disease that causes bleeding gums.

Ans. Scurvy

Q4. Write the deficiency disease that is caused by deficiency of iron in the diet.

Ans. Anaemia

Q5. What is the vitamin that represents a group of other vitamins?

Ans. Vitamin B complex