

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

Components of Food

**Answer the following:**

1. What are deficiency diseases? Write four deficiency diseases and the associated nutrients.

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

2. Identify the disease a person is suffering from?



\_\_\_\_\_

a. Write the symptoms of the disease.

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

b. Suggest what kind of diet should be taken to avoid such disease.

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

## Components of Food

### **Answer the following:**

1. What are deficiency diseases? Write four deficiency diseases and the associated nutrients.

Ans. Diseases caused due to lack of specific nutrients in our diet are called deficiency diseases.

<u>Disease</u>	<u>Associated Nutrient</u>
Goitre	Iodine
Scurvy	Vitamin C
Anaemia	Iron
Night Blindness	Vitamin A

2. Identify the disease a person is suffering from?



Goitre

a. Write the symptoms of the disease.

Ans. Symptoms are:

- i. Swelling at the base of neck
- ii. Tight sensation in the throat and the neck.
- iii. A large goiter may cause difficulty in swallowing and breathing.

b. Suggest what kind of diet should be taken to avoid such disease.

Ans. By using iodized table salt simple goitre can be prevented.