

Chapter - 11
Food- Storage & Shortage
Worksheet – 4

Q.1 Fill in the blanks:

1. _____ provide us energy.
2. _____ help in body building and help us to grow.
3. _____ help us to fight diseases.
4. _____ make our bones and teeth strong.
5. A diet that contains all these nutrients in the right amount is called a _____.

Q.2 True false:

1. Nutrients are not essential for our body.
2. Vitamin A deficiency caused beriberi.
3. Scurvy is caused due to deficiency of vitamin C.
4. Iron deficiency caused anemia.
5. Swelling in the neck region is symptom of goiter.

Q.3 Subjective questions:

1. What are carbohydrates?
2. Enlist different nutrients present in food.
3. What are deficiency diseases?
4. Enlist diseases caused due to deficiency of vitamin A, Vitamin B, Iron, Iodine, Protein.
5. Write sources of Vitamin A.