

Name of the student: *Date:*/...../.....

Vitamins & minerals deficiency diseases:

❖ **Goiter:**

Goiter is an iodine deficiency disease.

- The most important sources of natural **iodine** are the sea and ocean.
- Fish (such as cod and tuna), seaweed, shrimp, and other seafood, which are generally rich in iodine.

Q. Why do the people of northern region suffer much more from goiter?

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❖ **Night blindness:**

Night blindness is a Vitamin-A deficiency disease.

- Generally, 2-5 years' children suffer from this disease.
- Sensory rod cells of eyes get damaged due to night blindness.
- The patient cannot see in dim light. Everything is visibly hazy.
- If the disease worsens, the cornea turns dull.

Q. Why is there a nationwide campaign to feed vitamin-A capsules to the children?

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❖ **Rickets:**

Rickets is a Vitamin-D deficiency disease.

- The symptoms of this disease are weakening of bones, swelling of joints, bending of bones, especially the leg bones, folding of thin bones. Besides, this structure of the body cannot be kept in a proper order, bones become brittle and thorax turns narrow.
- Vitamin-D is essential for the absorption of calcium and phosphorous in the intestine, to form bones and teeth.
- Cholesterol stored in human skin can produce Vitamin-D with the help of ultra violet ray of the sun.

Q. Why is it better to keep the new born body in the sunlight.?

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❖ **Anemia:**

Anemia is an iron deficiency disease.

- Anemia occurs when the density of haemoglobin is less than normal with respect to age and gender.
- Anemia occurs due to the deficiency of essential elements of food like-iron, folic acid or Vitamin B-12.
- There may be various causes of having iron deficiency anemia, such as—excessive blood loss, attacked by worms, shortage of iron in food in growing children and pregnant mother, obstruction in absorption of iron based food, or infection in intestine.
- Symptoms of anemia are feeling weak, headache, exhaustion, insomnia, loss of appetite, palpitation, vision suddenly goes dark etc.

Q. Why do women and children in our country suffer more from anemia?

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