

## Grade 4 EVS Worksheet: Nutritional Deficiencies and Diseases (Difficulty Level: Advanced)

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

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

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### 1. Multiple Choice Questions (MCQs)

Circle the correct answer.

- 1. What is the main cause of Kwashiorkor?** a) Lack of carbohydrates  
b) Lack of proteins  
c) Lack of fats  
d) Lack of vitamins
  - 2. Which vitamin is important for strengthening the immune system?** a) Vitamin D  
b) Vitamin C  
c) Vitamin A  
d) Vitamin B
  - 3. Which of the following is a good source of Vitamin D?** a) Milk  
b) Carrots  
c) Spinach  
d) Fish
  - 4. Which disease is caused by a deficiency of Vitamin D?** a) Rickets  
b) Scurvy  
c) Beriberi  
d) Night blindness
  - 5. Which food is rich in Iron?** a) Banana  
b) Spinach  
c) Bread  
d) Potatoes
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### 2. Fill in the Blanks

Fill in the blanks using the words from the box:

(Scurvy, Calcium, Beriberi, Protein, Night blindness)

1. Lack of \_\_\_\_\_ can cause a disease called \_\_\_\_\_, which leads to weakness and poor coordination.
  2. \_\_\_\_\_ is needed for the formation of strong bones and teeth, and can be found in dairy products.
  3. Vitamin A deficiency causes \_\_\_\_\_, which affects your ability to see in the dark.
  4. A diet that is low in \_\_\_\_\_ can lead to muscle wasting and slow growth.
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### 3. Match the Following

Draw a line to match the food with the nutrient it provides.

Food	Nutrient
Carrots	Vitamin A
Fish	Vitamin D
Oranges	Vitamin C
Eggs	Protein
Milk	Calcium

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### 4. Short Answer Questions

Answer the following questions in 2-3 sentences.

1. **What is the importance of Vitamin C in our diet?**
  2. **How can a lack of Calcium affect the body?**
  3. **What are the signs of Iron deficiency?**
  4. **Name two food items that help prevent Vitamin A deficiency.**
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### 5. Long Answer Question

Choose one of the following questions and answer in detail.

1. **What is the role of proteins in the body, and what are the effects of protein deficiency?**
  2. **Explain how a balanced diet helps prevent diseases caused by nutritional deficiencies.**
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## 6. True or False

Read the statements carefully and write **True** or **False**.

1. Lack of Vitamin A can cause skin problems. \_\_\_\_\_
  2. Proteins help in the growth and repair of body tissues. \_\_\_\_\_
  3. Rickets is caused by a deficiency of Vitamin A. \_\_\_\_\_
  4. Fruits and vegetables are good sources of vitamins. \_\_\_\_\_
  5. A lack of Vitamin D can lead to strong bones. \_\_\_\_\_
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## 7. Activity

Draw a food pyramid and label the foods that provide different nutrients (like carbohydrates, proteins, vitamins, and minerals). Add at least 3 examples of each food group.

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**--BE THE CHAMPION!--**