

## 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.

- Which of the following is caused by a lack of Vitamin B1 (Thiamine)?** a) Rickets  
b) Beriberi  
c) Scurvy  
d) Anemia
  - Which of these is a good source of Vitamin C?** a) Potato  
b) Orange  
c) Milk  
d) Rice
  - Which disease results from protein deficiency?** a) Scurvy  
b) Kwashiorkor  
c) Rickets  
d) Anemia
  - A lack of which nutrient leads to scurvy?** a) Iron  
b) Vitamin D  
c) Vitamin C  
d) Calcium
  - Which food is rich in Vitamin C?** a) Spinach  
b) Apples  
c) Lemons  
d) Cheese
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### 2. Fill in the Blanks

Complete the sentences using the words from the box:

(Vitamin D, Iron, Beriberi, Vitamin A, Calcium)

1. \_\_\_\_\_ helps in the absorption of calcium and strengthens bones and teeth.
  2. Lack of \_\_\_\_\_ can cause a disease called \_\_\_\_\_, which affects the nervous system.
  3. \_\_\_\_\_ deficiency can cause night blindness and dry skin.
  4. To prevent \_\_\_\_\_ deficiency, you should eat foods like green leafy vegetables and red meat.
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### 3. Match the Following

Draw a line to match the disease with the correct cause.

Disease	Cause
Beriberi	Vitamin B1 deficiency
Scurvy	Vitamin C deficiency
Anemia	Iron deficiency
Kwashiorkor	Protein deficiency
Rickets	Vitamin D deficiency

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### 4. Short Answer Questions

Answer the following questions in 2-3 sentences.

1. **What are the effects of Vitamin D deficiency on children?**
  2. **Why is it important to eat a variety of foods in our diet?**
  3. **How does Iron help in the body?**
  4. **What are the effects of not getting enough protein in your diet?**
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### 5. Long Answer Question

Choose one of the following questions and answer in detail.

1. **What is the role of Vitamin C in maintaining good health? How can you prevent scurvy?**

2. Explain the connection between calcium and bone health. What are the symptoms of calcium deficiency?
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### 6. True or False

Write **True** or **False** next to each statement.

1. Vitamin A helps in wound healing. \_\_\_\_\_
  2. Beriberi is caused by a lack of Vitamin B1 (Thiamine). \_\_\_\_\_
  3. Anemia is caused by a lack of calcium in the body. \_\_\_\_\_
  4. Drinking milk regularly can help prevent Vitamin C deficiency. \_\_\_\_\_
  5. Vitamin D helps to absorb calcium in the body. \_\_\_\_\_
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### 7. Activity

Create a food diary for one day. Write down all the foods you eat and highlight which nutrients they provide. Draw a picture of one of your meals and label the nutrients.

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