

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

Name: _____

Date: _____

1. Multiple Choice Questions (MCQs)

Circle the correct answer.

- 1. Which deficiency causes a disease called Kwashiorkor?** a) Iron
b) Vitamin A
c) Protein
d) Calcium
 - 2. Which food is rich in Vitamin A?** a) Spinach
b) Eggplant
c) Oranges
d) Fish
 - 3. A lack of which vitamin can cause rickets?** a) Vitamin A
b) Vitamin B
c) Vitamin D
d) Vitamin C
 - 4. Which of these is a symptom of anemia?** a) Sore gums
b) Weakness and fatigue
c) Bone pain
d) Night blindness
 - 5. Which of these foods helps prevent scurvy?** a) Apples
b) Carrots
c) Oranges
d) Cheese
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2. Fill in the Blanks

Fill in the blanks with the correct word:

(Scurvy, Iron, Vitamin A, Protein, Rickets)

1. The disease caused by a deficiency of _____ is called scurvy.
 2. _____ helps in the production of red blood cells and prevents anemia.
 3. _____ deficiency can cause bone deformities known as rickets.
 4. Lack of _____ can cause muscle weakness and stunted growth in children.
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3. Match the Following

Draw a line to match the food with the disease it prevents.

Food	Disease Prevented
Milk	Rickets
Citrus fruits	Scurvy
Eggs	Protein deficiency
Spinach	Iron deficiency

4. Short Answer Questions

Answer the following questions in 2-3 sentences.

1. **How does Vitamin A help maintain good health?**
 2. **What are the symptoms of a lack of Vitamin C in the body?**
 3. **Explain the role of iron in the body.**
 4. **What is the importance of proteins in our daily diet?**
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5. Long Answer Question

Choose one of the following questions and answer in detail.

1. **What are the effects of a lack of Iron on the body, and how can we prevent Iron deficiency?**
 2. **How can a balanced diet prevent the diseases caused by nutritional deficiencies?**
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6. True or False

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

1. Lack of protein can cause hair loss. _____
 2. Scurvy can be prevented by eating citrus fruits. _____
 3. Calcium helps in making the bones and teeth strong. _____
 4. Vitamin D can be obtained from the sun. _____
 5. A deficiency of Vitamin C can lead to night blindness. _____
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7. Activity

Create a chart that shows the essential nutrients needed by the body and the foods that are rich in each of these nutrients. Include at least 5 nutrients and their sources.

--BE THE CHAMPION!--