

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

Name: _____

Date: _____

1. Multiple Choice Questions (MCQs)

Circle the correct answer.

- Which of the following is a symptom of Vitamin A deficiency?** a) Night blindness
b) Weak bones
c) Hair loss
d) Stunted growth
 - Which nutrient is most important for healthy bones and teeth?** a) Vitamin C
b) Vitamin D
c) Carbohydrates
d) Proteins
 - Which disease is caused by a lack of Vitamin C?** a) Rickets
b) Scurvy
c) Beriberi
d) Anemia
 - Iron deficiency can lead to which condition?** a) Scurvy
b) Anemia
c) Osteoporosis
d) Kwashiorkor
 - Which of the following foods is rich in Vitamin B1 (Thiamine)?** a) Eggs
b) Rice
c) Carrots
d) Oranges
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2. Fill in the Blanks

Complete the sentences with the correct word from the box:

(Vitamin A, Iron, Beriberi, Rickets, Protein, Calcium)

1. _____ deficiency can cause weak bones and teeth, leading to the disease known as _____.
 2. _____ is an important nutrient for building muscles and repairing tissues.
 3. Lack of _____ in the diet can lead to a condition called _____, which causes weakness and nerve damage.
 4. _____ deficiency can lead to anemia, a condition where the body does not have enough red blood cells.
 5. Eating foods like carrots, spinach, and mangoes can help prevent _____ deficiency.
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3. Match the Following

Draw a line to match the nutrient with its deficiency disease.

Nutrient	Deficiency Disease
Vitamin D	Rickets
Vitamin C	Scurvy
Iron	Anemia
Protein	Kwashiorkor
Vitamin A	Night blindness

4. Short Answer Questions

Answer the following questions in 2-3 sentences.

1. **What is the role of Vitamin D in our body?**
 2. **How does a lack of protein affect the body?**
 3. **What are the common food sources of Vitamin A?**
 4. **Why is it important to have a balanced diet to avoid nutritional deficiencies?**
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5. Long Answer Question

Choose one of the following questions and answer in detail.

1. **Describe the causes, symptoms, and prevention of Vitamin C deficiency (Scurvy).**
 2. **Explain the importance of Iron in our diet and how its deficiency can impact our health.**
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6. True or False

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

1. Iron helps in the formation of red blood cells. _____
 2. Vitamin A helps maintain good vision and skin health. _____
 3. Protein deficiency can cause a disease called Beriberi. _____
 4. Drinking milk is important to prevent calcium deficiency. _____
 5. Eating too many vitamins can cause harmful effects on your health. _____
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7. Activity

Draw a plate showing a healthy meal that can help prevent nutritional deficiencies. Label the nutrients each food provides (e.g., Vitamin A, Vitamin C, Protein, Calcium).

--BE THE CHAMPION!--