

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

Name: _____

Date: _____

1. Fill in the blanks:

- a) A deficiency of Vitamin D can cause a disease called _____.
 - b) A lack of _____ can cause a condition known as scurvy.
 - c) If we do not get enough _____, we may feel weak and tired.
 - d) _____ is a disease caused by a lack of iodine in the diet.
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2. Choose the correct answer:

- a) What can help prevent night blindness?
 - 3. Eating more Vitamin A
 - 4. Drinking more water
 - 5. Eating sugar
- b) What is scurvy caused by?
 - 3. Lack of Vitamin C
 - 4. Lack of Vitamin D
 - 5. Lack of Calcium
- c) Which food is good for preventing rickets?
 - 3. Milk
 - 4. Chocolate
 - 5. Ice cream
- d) What is the main effect of iron deficiency?
 - 3. Weak bones
 - 4. Weak blood
 - 5. Weak muscles

3. Match the disease with its symptom:

Disease	Symptom
a) Rickets	1) Weak bones and legs
b) Anemia	2) Pale skin, tiredness
c) Scurvy	3) Bleeding gums
d) Goiter	4) Swelling in neck

4. True or False:

- a) Vitamin A is good for your eyes.
- True / False
- b) Eating too much salt is good for your health.
- True / False
- c) Calcium is important for strong bones.
- True / False
- d) Vitamin D can be obtained from sunlight.
- True / False
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5. Short Answer Questions:

- a) What is the role of iron in our body?
- b) Name two foods that are rich in calcium.
- c) How can we prevent scurvy?
- d) What is the importance of drinking water in preventing diseases?
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--BE THE CHAMPION!--