

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

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

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

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### 1. Fill in the blanks:

- a) A lack of \_\_\_\_\_ can cause the disease called night blindness.
  - b) The disease caused by a lack of calcium is called \_\_\_\_\_.
  - c) Anemia occurs when we do not get enough \_\_\_\_\_.
  - d) \_\_\_\_\_ is caused by a lack of iodine in the diet.
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### 2. Choose the correct answer:

a) Which disease can be caused by a lack of Vitamin D?

- 3. Rickets
- 4. Scurvy
- 5. Anemia

b) Which food is rich in iron?

- 3. Spinach
- 4. Bananas
- 5. Bread

c) What happens if you do not get enough Vitamin C?

- 3. You get night blindness.
- 4. You may get scurvy.
- 5. You get strong bones.

d) How can you prevent anemia?

- 3. Eat more fruits.
- 4. Eat foods rich in iron.
- 5. Eat more sugar.

**3. Match the food with the nutrient it provides:**

Food	Nutrient
a) Carrots	1) Vitamin A
b) Spinach	2) Iron
c) Milk	3) Calcium
d) Oranges	4) Vitamin C

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**4. True or False:**

a) Iron helps carry oxygen in the blood.

- True / False

b) Scurvy is caused by a lack of calcium.

- True / False

c) Goiter can be prevented by eating foods with iodine.

- True / False

d) Rickets can be treated by eating more vegetables.

- True / False
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**5. Short Answer Questions:**

a) What are the effects of Vitamin A deficiency on our eyes?

b) Why is it important to eat foods that contain iodine?

c) How does a lack of calcium affect the bones?

d) Give two examples of foods that help prevent anemia.

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