

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

Name: _____

Date: _____

1. Fill in the blanks:

- a) _____ is a disease caused by a lack of Vitamin A.
 - b) The condition known as _____ is caused by not getting enough iodine.
 - c) When we don't get enough _____, we can become anemic.
 - d) A lack of _____ can make our bones weak and cause rickets.
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2. Choose the correct answer:

- a) What is the main cause of rickets?
 - 3. Lack of Vitamin C
 - 4. Lack of Calcium
 - 5. Lack of Iron
- b) What can happen if you do not get enough Vitamin C?
 - 3. You will get strong bones.
 - 4. You may develop scurvy.
 - 5. You will get healthy skin.
- c) Which of these is an iron-rich food?
 - 3. Carrots
 - 4. Apples
 - 5. Spinach
- d) What is the cause of goiter?
 - 3. Lack of iodine
 - 4. Lack of water
 - 5. Lack of protein

3. Match the disease with its correct treatment:

Disease	Treatment
a) Scurvy	1) Take iodine supplements
b) Rickets	2) Take iron supplements
c) Anemia	3) Eat Vitamin C rich foods
d) Goiter	4) Take calcium supplements

4. True or False:

a) Vitamin D is important for the immune system.

- True / False

b) Eating too much sugar can cause rickets.

- True / False

c) Night blindness is caused by a lack of Vitamin A.

- True / False

d) Anemia can be prevented by eating a balanced diet.

- True / False

5. Short Answer Questions:

a) What is the importance of calcium in our body?

b) Name two foods that help prevent goiter.

c) Why is iron important for our body?

d) How can we prevent night blindness?