

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

Name: _____

Date: _____

1. Fill in the blanks:

- a) A lack of vitamin C in our diet can cause a disease called _____.
 - b) When we do not get enough iron, we may suffer from _____.
 - c) A deficiency of vitamin A can lead to _____, which affects our eyes.
 - d) _____ is caused by a lack of calcium in the diet, making bones weak.
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2. Choose the correct answer:

a) What can happen if we do not eat enough fruits and vegetables?

- 3. We may get sick.
- 4. We will become stronger.
- 5. Nothing will happen.

b) Which of these foods is rich in Vitamin C?

- 3. Carrots
- 4. Oranges
- 5. Rice

c) What is the main cause of "rickets"?

- 3. Lack of calcium
- 4. Lack of water
- 5. Lack of protein

d) Which disease is caused by lack of iron in the diet?

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

3. Match the disease with its cause:

Disease	Cause
a) Scurvy	1) Lack of Iron
b) Rickets	2) Lack of Vitamin C
c) Anemia	3) Lack of Calcium
d) Night Blindness	4) Lack of Vitamin A

4. True or False:

- a) Lack of vitamins and minerals can cause diseases.
- True / False
- b) Drinking enough water can prevent all nutritional deficiencies.
- True / False
- c) Eating a balanced diet helps in preventing diseases.
- True / False
- d) Anemia can be treated by eating foods with more iron.
- True / False
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5. Short Answer Questions:

- a) What is a balanced diet?
- b) Why is it important to eat foods rich in vitamins and minerals?
- c) Name two fruits that are good sources of Vitamin C.
- d) How can we prevent rickets?
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--BE THE CHAMPION!--