

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

Name: _____

Date: _____

1. Fill in the Blanks:

Complete the sentences with the correct word from the box below.

(Vitamin B12, Protein, Vitamin C, Iron, Calcium, Scurvy, Rickets, Anemia)

- a) _____ is essential for making red blood cells and helps prevent anemia.
 - b) A lack of _____ can cause bleeding gums and weak skin.
 - c) _____ helps in the growth of muscles and repair of tissues.
 - d) The disease _____ can be prevented by eating foods rich in Vitamin D.
 - e) _____ helps make strong bones and teeth, and its deficiency can cause osteoporosis.
 - f) Vitamin _____ is important for proper functioning of the nervous system.
 - g) A lack of _____ causes tiredness, weakness, and pale skin.
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2. Match the Nutrient to its Food Source:

Match the nutrient with its common food source.

| Nutrient | Food Source |
|--------------|--------------------------|
| a) Calcium | 1) Spinach, meat |
| b) Vitamin A | 2) Milk, cheese, yogurt |
| c) Vitamin C | 3) Carrots, sweet potato |
| d) Iron | 4) Citrus fruits |

3. Multiple Choice Questions:

Choose the correct answer from the options.

1. Which of these foods is rich in Vitamin C?

- a) Carrots
- b) Oranges
- c) Chicken

2. Which deficiency disease can be prevented by eating foods like milk and sunlight?

- a) Anemia
- b) Rickets
- c) Scurvy

3. What is the main function of protein in the body?

- a) To improve eyesight
- b) To build and repair muscles
- c) To keep bones strong

4. What is the best way to prevent anemia?

- a) Eat more fruits and vegetables
 - b) Eat foods rich in iron, like spinach and meat
 - c) Drink more water
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4. True or False:

Write "True" or "False" for the following statements.

- a) Vitamin A helps maintain healthy skin.
 - b) Protein is important for strong bones.
 - c) Scurvy is caused by a lack of Vitamin C.
 - d) Calcium is only found in dairy products.
 - e) Iron helps prevent weakness and fatigue.
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5. Short Answer Questions:

1. What foods help improve eyesight?
 2. How can you prevent bone-related diseases like rickets and osteoporosis?
 3. Why is it important to include iron in your diet?
 4. What are the symptoms of scurvy?
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