

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

Name: _____

Date: _____

1. Fill in the Blanks:

Complete the sentences using the words from the box below.

(Scurvy, Anemia, Calcium, Vitamin D, Protein, Iron, Vitamin A, Osteoporosis)

- a) _____ is a disease caused by lack of Vitamin C.
 - b) _____ is needed to strengthen bones and prevent osteoporosis.
 - c) _____ deficiency can make you feel weak, tired, and pale.
 - d) _____ helps your body fight infections and improve vision.
 - e) Eating _____ helps your body build muscles.
 - f) _____ is important for making red blood cells.
 - g) _____ helps absorb calcium and is made when your skin is exposed to sunlight.
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2. Match the Nutrient to the Disease it Causes:

Match the disease with the nutrient deficiency that causes it.

Disease	Nutrient Deficiency
a) Rickets	1) Protein
b) Anemia	2) Vitamin D
c) Osteoporosis	3) Vitamin A
d) Scurvy	4) Iron

3. Multiple Choice Questions:

Choose the correct answer from the options.

1. Which nutrient is essential for strong teeth and bones?

- a) Iron
- b) Calcium
- c) Vitamin A

2. What food can help prevent scurvy?

- a) Lemon, oranges, and tomatoes
- b) Bread, rice, and potatoes
- c) Meat, milk, and eggs

3. What happens if you do not get enough protein in your diet?

- a) Your bones become weak.
- b) Your muscles do not grow and repair properly.
- c) You cannot see well in the dark.

4. What is a good food source of iron?

- a) Apples
 - b) Spinach
 - c) Milk
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4. True or False:

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

- a) Calcium is important for muscle growth.
 - b) A balanced diet prevents all nutritional deficiencies.
 - c) Vitamin D is important for healthy skin.
 - d) Iron is important for healthy red blood cells.
 - e) Scurvy is caused by a lack of Vitamin A.
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5. Short Answer Questions:

1. What are the symptoms of anemia?

2. How can you make sure you get enough Vitamin D?
3. Why do we need iron in our diet?
4. What is the role of Vitamin A in our body?

--BE THE CHAMPION!--