

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

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

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

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### 1. Fill in the Blanks:

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

**(Vitamin D, Vitamin C, Anemia, Protein, Iron, Calcium, Rickets, Scurvy)**

- a) \_\_\_\_\_ helps the body absorb calcium, which is needed for strong bones.
  - b) A deficiency in \_\_\_\_\_ can cause weakness and fatigue, as well as pale skin.
  - c) The disease \_\_\_\_\_ is caused by a lack of Vitamin C in the diet.
  - d) \_\_\_\_\_ is a nutrient that is essential for growth, tissue repair, and immune function.
  - e) \_\_\_\_\_ helps form red blood cells and is important for energy.
  - f) A lack of \_\_\_\_\_ can cause the bones to become weak and deformed.
  - g) \_\_\_\_\_ helps maintain healthy skin, eyes, and immune system.
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### 2. Match the Food with its Nutrient:

Match the food to the nutrient it is rich in.

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

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### 3. Multiple Choice Questions:

Choose the correct answer from the options.

**1. Which vitamin is most important for healing wounds?**

- a) Vitamin A
- b) Vitamin C
- c) Vitamin D

**2. Which of the following foods is rich in protein?**

- a) Carrots
- b) Eggs
- c) Oranges

**3. What disease can be caused by not getting enough calcium?**

- a) Anemia
- b) Rickets
- c) Osteoporosis

**4. Which nutrient is important for making red blood cells?**

- a) Vitamin A
  - b) Iron
  - c) Vitamin D
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**4. True or False:**

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

- a) Protein is important for making red blood cells.
  - b) Vitamin A helps you see clearly at night.
  - c) Anemia can be prevented by eating foods rich in iron.
  - d) Calcium helps prevent the disease scurvy.
  - e) Vitamin D helps prevent weak and brittle bones.
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**5. Short Answer Questions:**

1. What happens if you don't get enough Vitamin C in your diet?

2. What are some food sources of Vitamin D?
3. Why do you need to eat foods rich in iron?
4. How does protein help the body?

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