

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 A, Iron, Calcium, Vitamin D, Protein, Rickets, Scurvy, Anemia)

- a) Lack of _____ can cause weak bones and teeth, leading to a disease called Rickets.
 - b) _____ is a mineral needed to make red blood cells, and its deficiency can cause Anemia.
 - c) A deficiency in _____ can lead to poor eyesight, especially in the dark.
 - d) Scurvy is caused by a lack of _____ in the diet.
 - e) The body needs _____ to grow and repair tissues, and its deficiency can cause growth problems.
 - f) _____ helps the body absorb calcium and maintain strong bones.
 - g) Lack of _____ can make bones weak and brittle.
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2. Match the Disease with its Cause:

Match the diseases to the nutrient they are caused by missing in the diet.

Disease	Cause (Nutrient)
a) Anemia	1) Vitamin D
b) Scurvy	2) Iron
c) Rickets	3) Vitamin C
d) Osteoporosis	4) Calcium

3. Multiple Choice Questions:

Choose the correct answer from the options.

1. Which of the following is a symptom of anemia?

- a) Bleeding gums
- b) Weakness and tiredness
- c) Swollen joints

2. Which vitamin is needed for good eyesight?

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

3. What is the main cause of rickets?

- a) Lack of vitamin C
- b) Lack of vitamin D
- c) Lack of vitamin A

4. What food is rich in iron?

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

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

- a) A balanced diet can prevent most nutritional deficiencies.
 - b) Vitamin C is important for strong bones.
 - c) Anemia is caused by a lack of iron in the diet.
 - d) Drinking milk is the best way to prevent scurvy.
 - e) Lack of calcium can lead to weak teeth and bones.
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5. Short Answer Questions:

1. What are the main causes of nutritional deficiencies?
2. Why is it important to eat a variety of foods?
3. What foods can help prevent rickets?

4. How does anemia affect the body?

--BE THE CHAMPION!--