

# WORKSHEET 1

## CHAPTER 9 – NUTRITION

### A. Name the following.

1. A disease caused by protein deficiency.
2. A mineral required for clotting of blood.
3. A nutrient whose deficiency causes night blindness.
4. An essential element of protein.
5. A disease caused by vitamin B<sub>12</sub> deficiency.

### B. Fill in the blanks.

1. Iodine is an important component of \_\_\_\_\_ hormone.
2. Vitamin B<sub>1</sub> deficiency causes \_\_\_\_\_
3. Vitamin C is also known as \_\_\_\_\_
4. \_\_\_\_\_ is the fibrous material present in fruits and vegetables.
5. Cod liver oil is a source of \_\_\_\_\_

### C. Match the items in Column A with those in Column B and write down the matching pairs.

#### Column A

1. Water-soluble vitamins
2. Fat-soluble vitamins
3. Protective food
4. Body-building food
5. Energy-giving food

#### Column B

- a. amla, guava and orange
- b. vitamin C and B complex
- c. ghee, sugar and jaggery
- d. vitamin A, D, E and K
- e. egg, nuts and fish

### D. State whether the following statements are True or False.

1. Anaemia is caused due to deficiency of iron.
2. A rich source of iodine is sea food.
3. Marasmus is disease caused by deficiency of vitamin B<sub>12</sub>.
4. Roughage is essential for proper bowel movement.
5. Fish and meat are rich source of protective food.

Name: .....

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Class: ..... IX .....

Date: .....

**E. Complete the following table.**

<b>Vitamin/Mineral</b>	<b>Source</b>	<b>Deficiency</b>
Calcium	Milk	1. _____
2. _____	Citrus fruits	Scurvy
3. _____	Milk	Pellagra
4. _____	5. _____	Night blindness
6. _____	Cod liver oil	Rickets
Iron	7. _____	8. _____
Iodine	9. _____	10. _____

# ANSWERS

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### A. Name the following.

1. Kwashiorkor
2. Calcium
3. Vitamin A/Retinol
4. Nitrogen
5. Pernicious anaemia

### B. Fill in the blanks.

1. thyroxine
2. beriberi
3. ascorbic acid
4. Roughage
5. vitamins A and D

### C. Match the items in Column A with those in Column B and write down the matching pairs.

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 1. b. | 2. d. | 3. a. | 4. e. | 5. c. |
|-------|-------|-------|-------|-------|

### D. State whether the following statements are True or False.

- |         |         |          |         |          |
|---------|---------|----------|---------|----------|
| 1. True | 2. True | 3. False | 4. True | 5. False |
|---------|---------|----------|---------|----------|

### E. Complete the following table.

1. Rickets
2. Ascorbic acid (Vitamin C)
3. Niacin (Vitamin B<sub>3</sub>)
4. Retinol (Vitamin A)
5. Carrot, spinach
6. Calciferol (Vitamin D)
7. Liver, egg yolk
8. Anaemia
9. Sea food
10. Goitre