



The National Orthodox School /Shmaisani

Subject: Science/ Biology

Name:

Study Sheet: Nutrient Deficiency

Date:

Grade-Section 7 CS

Objective: To recall some of the main roles of specific vitamins and minerals and describe what is a deficiency disease

A deficiency disease is a disease caused by a lack of dietary elements (nutrients).

Deficiency diseases can often be cured by supplying the missing nutrient.

Examples of some deficiency diseases and their symptoms are mentioned in the table below.

Nutrient deficiency	Name of the disease	Symptoms of the disease	Good food sources of the nutrient
Vitamin C	Scurvy	Bleeding gums .	Orange , lemon , guava
Vitamin B1	Beriberi	Partial paralysis and mental confusion .	Brown rice , potato, milk
Vitamin D	Rickets	Bones become soft and leg bones of children may bend .	Egg yolk, butter, cod liver oil Note : vitamin D is made when the skin is exposed to sunlight .
Protein	Kwashiorkor	Muscle shrinkage and a swollen belly .	Meat, chicken, fish ,lentils



Iron	Anaemia	<ul style="list-style-type: none">- Tiredness- Painful sores.- Weak nails	Meat, chicken, green leafy vegetables
Vitamin A	Night blindness	Cannot see in dim light	Fish and dairy products

