**Study Sheet** **|** Lower Secondary

Stage (6-8)

1st Semester | 2023-2024

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| **Subject:** Biology | **Chapter:** Deficiency diseases |
| **Objectives:**  Identify common deficiency diseases. **Name:** | |

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:

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| **Deficient substance** | **Name of the disease** | **Symptoms of the disease** | **Food containing this nutrient** |
| Vitamin A | **Night blindness** | Cannot see in dim light | Fish, egg yolks, green vegetables and dairy products |
| Vitamin C | **Scurvy** | The gums bleed, the skin peels, the legs swell and aerobic respiration stops | Oranges, lemons, guava and tomatoes |
| Vitamin B1 | **Beriberi** | Partial paralysis and mental confusion. | Brown rice, potato, milk |
| Vitamin D  / Calcium | **Rickets** | Bones become soft and leg bones of children may bend and curve outwards. | Egg yolk, butter, fish liver oil  Note: vitamin D is made when the skin is exposed to sunlight |
| Vitamin B12  / Iron | **Anaemia** | * Tiredness * Weak nails * pale skin | Meat, egg yolks, chicken, green leafy vegetables |