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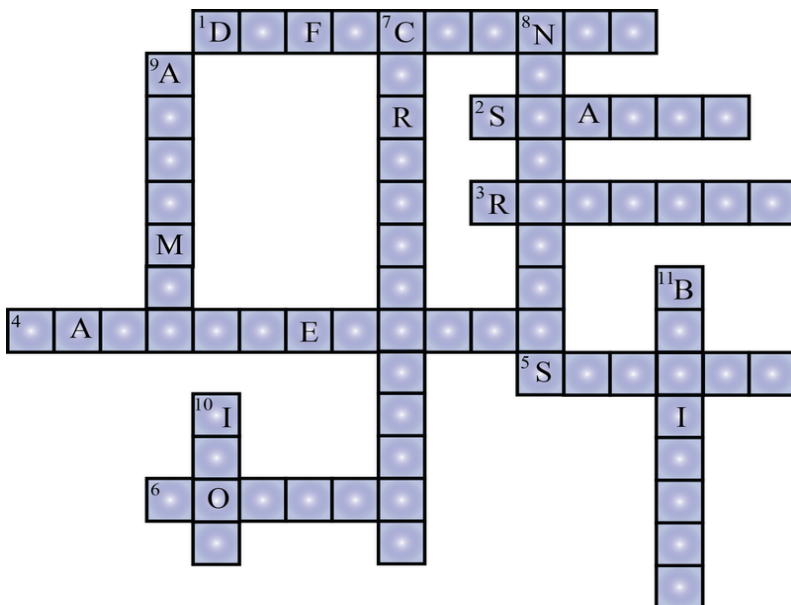
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the clues given below.



Across

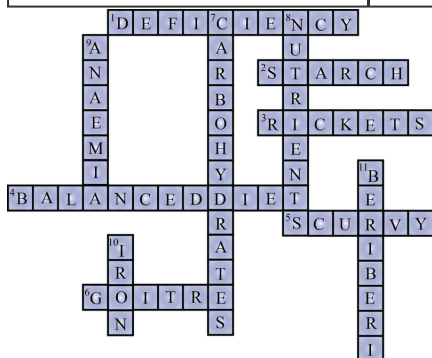
1. Lack of nutrient in our diet over a long period causes these diseases. (10)
2. Rice and potato are rich in this type of carbohydrate. (6)
3. Deficiency disease in bones making it becomes soft and bent. (7)

4. The diet that provides all the nutrients that our body needs in right quantities along with adequate amount of roughage and water. (8,4)
 5. Deficiency disease with bleeding gums. (6)
 6. Disease caused due to the deficiency of iodine. (6)
- Down
7. Starch and sugar in our food are rich in this type of energy giving nutrient. (13)
 8. The term given to the useful components of food. (9)
 9. The disease caused by deficiency of iron in diet. (7)
 10. Green leafy vegetables and apples are rich in this mineral (4)
 11. Deficiency disease caused due to the lack of vitamin – B₁ in the diet, (8)



Solution

ACROSS	DOWN
1. DEFICIENCY	7. CARBOHYDRATES
2. STARCH	8. NUTRIENTS
3. RICKETS	9. ANAEMIA
4. BALANCED DIET	10. IRON
5. SCURVY	11. BERIBERI
6. GOITRE	



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Video Solution



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Q. Write one word for the following.

1. Simple carbohydrates
2. Complex carbohydrates
3. Minerals that are needed by the body in larger amounts
4. Portion of the plant food that do not provide any nutrients to our body
5. A condition caused by excess loss of water

.....

6. Disease caused due to deficiency of proteins

.....

7. Malnutrition caused due to deficiency of proteins along with carbohydrate

8. Disease caused by deficiency of iodine in the diet

Q. Diseases that are caused due to the lack of nutrients are called deficiency diseases.

Q. Which disease develops due to deficiency of iodine in our diet ? Give one symptom.

Q. Deficiency of iodine in an adult diet causes a disease called

Q. Question 9 Fill in the blanks from the list of words

carbohydrate, fat, protein, starch, sugar, Vitamin A

(a) Egg yolk is rich in ___ and egg albumin is rich in ___
___. (c) Eating too much of fat rich foods may lead to
does not provide any nutrient to our body and yet is
easily destroyed by heating during cooking is ___.

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Deficiency Diseases

Standard VI Biology

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