

GURU GOBIND SINGH PUBLIC SCHOOL

BIOLOGY ASSIGNMENT

CLASS: 6

Components of Food:

Study materials: Deficiency diseases

DEFICIENCY DISEASES

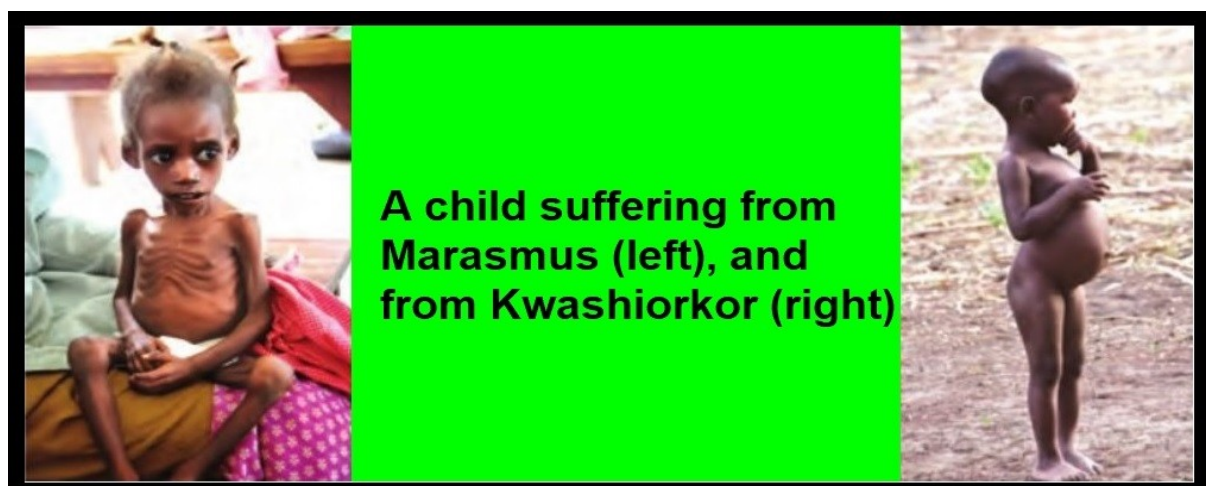
Many people in our country are not able to eat a balanced diet and hence suffer from several diseases.

Deficiency diseases are caused due to the lack of some nutrients in the diet. If the deficiency of the nutrients continues for a long time, it results in diseases. Deficiency diseases are **non-communicable diseases** as they cannot be transmitted from one person to another. They can be cured by eating a balanced diet. Deficiency diseases are also called **nutritional disorders**. Let us study about the different deficiency diseases.

► Diseases caused due to deficiency of proteins

Kwashiorkor is a disease caused due to the deficiency of proteins in the diet.

It is common among children between the ages of one and five years. Such children show stunted growth, have thin limbs, scaly and dry skin, reddish hair and a protruding belly.



► Diseases caused by deficiency of proteins and carbohydrates.

Marasmus is a disease that occurs due to the deficiency of proteins and carbohydrates in the diet. It generally affects the children below the age of one year. A child suffering from Marasmus becomes very thin and lean, has dry and wrinkled skin, sunken eyes and his ribs become very prominent.

► Diseases caused by deficiency of vitamins and minerals

Deficiency of vitamins and minerals in the body also results in several diseases. Some diseases that occur due to the deficiency of vitamins and minerals are listed in the table given below:

Vitamin/Mineral	Deficiency disease/Disorder	Symptoms
Vitamin A	Night blindness	Inability to see in dim light
Vitamin B	Beriberi	Weak muscles, loss of weight and appetite
Vitamin C	Scurvy	Bleeding gums, loose teeth
Vitamin D	Rickets	Bowed legs, bending of bones, development of pigeon chest
Iron	Anaemia	Pale look, tiredness, loss of appetite
Iodine	Goitre	Enlargement of thyroid gland, retarded growth
Calcium	Decay of teeth and bones	Bones become weak and teeth decay
Sodium and potassium	Body and muscles become weak; paralysis	Weakness in the body and dehydration
Flourine	Tooth decay	Increase in tooth decay
Phosphorus	Rickets	Bones become soft and bent

► ASSIGNMENT:

1. Name a deficiency disease caused by lack of Iodine.
2. What are the symptoms of rickets?
3. What is obesity? How is it caused?
4. List the symptoms of a child suffering from marasmus and kwashiorkor.
5. Name the diseases caused due to the deficiency of
(i) Vitamin C (ii) Vitamin D (iii) Vitamin B
Also write the symptoms of these diseases.

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