

Subject Science CLASS VI

Learn and write the content below

Vitamin and Sources	Function	Deficiency disease	Symptoms
A Sources: Green leafy vegetables, fruits, butter, eggs yolk, carrot and fish	Keep eyes, hair and skin healthy	Night blindness	Dryness of eyes improper vision
B1 Sources: Eggs, whole grains, and sprouts	Aid in digestion maintains nervous system	Beriberi	Inflammation of nerves digestive problems and heart abnormalities
B2 Sources: Eggs, milk, and green leafy vegetables	Keeps skin and mouth healthy	Skin disorders	Irritation of eyes; skin and intestinal disorders inflammation of the tongue
B12 Sources: Meat	Formation of red blood cells	Anaemia	Pale skin; lack of stamina and appetite; frequent headaches
C Sources: Citrus fruits like lime, orange and	Helps to resist infections and keeps teeth, gums,	scurvy	Loosening of teeth, spongy and bleeding gums; increased

P.T.O.

lemon, tomatoes and sprouts	end joints healthy			susceptibility to diseases; weakness; pain in the limbs
D Sources: Milk, fish and eggs; sunlight	Aids in the normal growth of bones in children	Rickets		Weak bones; joint and bone deformities like bow legs and pigeon chest; softening of ribs; protruding abdomen
K Sources: Spinach, cabbage, or any other green leafy vegetable	Helps in blood clotting (to stop bleeding)	Haemorrhage		Affects clotting of blood

Ques- Match the following columns

Column I

Column II

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|-----------------------|-----------------------|
| 1) Protein deficiency | (a) Iodine |
| 2) Citrus fruits | (b) Warmth and energy |
| 3) Iodised salt | (c) Vitamin A |
| 4) Fats | (d) Kwashiorkor |
| 5) Papaya | (e) Vitamins C |

Ques- Fill in the blanks

- (i) A child looks pale and get tired easily. She may be suffering from _____
- (ii) Beri beri is deficiency disease caused due to lack of _____.