

L1

FOOD AND HEALTH

Important vitamins and minerals, and their deficiency diseases			
Vitamin or mineral	Sources	Functions	Deficiency diseases
Vitamin A	Carrot, milk, liver, butter, green leafy vegetables, sweet potato, yellow fruits and vegetables	Protects eyes; helps to keep skin, bones and teeth healthy	Night blindness—cannot see properly in the dark
Vitamin B1	Milk, fish, beans, meat, whole grains, nuts	Needed for proper functioning of nerves and heart	Beriberi—loss of appetite and tiredness; affects nerves and heart
Vitamin C	Orange and other citrus fruits, cauliflower, tomato, capsicum, chilli	Needed for normal growth and development	Scurvy—bleeding of gums and swelling of joints; wounds do not heal
Vitamin D	Milk, cheese, fish, egg, sunlight	Ensures healthy bones and teeth	Rickets—soft bones that bend (in children); brittle bones (in adults)
Mineral			
Iron	Liver, meat, seafood, spinach, beans	Part of red blood cells	Anaemia—disease of blood; body is pale and the person becomes tired easily
Calcium	Milk, milk products, egg, green leafy vegetables	Strengthens bones and teeth	Soft and weak bones; bad teeth
Phosphorus	Meat, fish, milk and milk products, egg, beans, grains	Strengthens bones and teeth; maintains the body	Pain in the joints; poor bone development
Iodine	Seafood, iodised salt	Controls growth and body activity	Goitre—swelling in the neck region

Dear students kindly make this table in your notebook and learn.

Lesson 3, brief explanation and notes will be provided next week.

Till then complete your work and learn book exercises of L1 and L2.