

Sub : Science

Topic :- Components of food.

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Deficiency of minerals :-

Mineral	Sources	Function	Deficiency Disease	Symptoms
Calcium	Milk and green leafy vegetables	Strengthens bones and Teeth and helps in clotting of Blood.	Rickets	Brittle bones excessive bleeding.
Phosphorus	Cereals Pulses and milk.	Strengthens bones and Teeth	Rickets	Weakening of bones.
Iron	Cereals Pulses, meat and green leafy Vegetable	Helps in the formation of Haemoglobin and R.B.C.	Anaemia	Pale Body Colour body fatigue White nails.
Iodine	fish and Salt.	Required for proper Working of the Thyroid gland.	Cretinism	Enlargement of the thyroid gland, mental retardation or retarded growth.

- Q.1 → Write a note on Importance of minerals.
Q.2 → Write Symptoms of Rickets.