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Class - 6.
Sub - Science.

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Topic.

Deficiency Diseases.

Deficiency of Carbohydrates:→

Carbohydrates are the main energy sources. Lack of Carbohydrates in the diet results in lack of energy and Stamina.

Deficiency of Proteins:-

Growing children need more proteins in their diet. Lack of Proteins in the diet Weakness muscles. Deficiency of Proteins leads to a disease called Kwashiorkor.

Deficiency of Proteins along with Carbohydrates deficiency is called Protein Energy Malnutrition. It leads to marasmus. These diseases are more common in children of rural areas.

Kwashiorkor:→

A children - Suffering from Kwashiorkor has - Some or all of the following symptoms.

- x Large pot-like belly.
- x Stunted growth.
- x Swelling of face and limbs.
- x Skin diseases
- x mental retardation. and diarrhoea.

If the treatment is started in time, improving Protein intake may correct this disease.

Q(1) Food Diet for Those Who have Kwashiorkor make a list.

Q(2) Write some Causes and symptoms of Kwashiorkor.