

S.J.N. PUBLIC SCHOOL.

Lockdown Home Work.

Date-18/05/20
class-6

Sub:- Science.

Topic:- Deficiency of Vitamins. Teacher -> M. Rafique.

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Deficiency of Vitamins:->

Vitamin	Sources	Function	Deficiency Disease	Symptoms.
A	Green leafy vegetables, fruits, butter, egg yolk, Carrots and fish.	Keeps eyes, hair and skin healthy.	Night Blindness.	Dryness of eyes improper vision.
B1	Eg milk and green vegetable.	Keeps skin and mouth healthy.	Skin disorders.	irritation of eyes and skin.
B2	Eggs milk and green leafy vegetable.	Keeps skin and mouth healthy.	Skin disorders.	irritation of eyes and skin.
B1	Eggs, whole grains and sprouts.	Aids in digestion maintains nervous system.	Beri Beri.	inflammation of nerves digestive problem.
B12	meat.	formation of Red Blood cells.	Anaemia.	Pale skin lack of Stamina.
C	Citrus fruits like lime orange lemon.	Helps to resist infections and keeps teeth gums and joints healthy.	Scurvy.	Loosening of Teeth Spongy and Bleeding gums.

Q(1) Write a note on Deficiency of Vitamin.

Q(2) Write some disease name caused by Deficiency of Vitamins.