

## Level 6

Complete the table with reference to functions, sources and deficiency diseases of some vitamins.

Vitamin	Sources	Functions	Deficiency disease
A		Needed for normal vision, helps fight infections, helps to maintain healthy hair and skin	
C			Scurvy
	Made by the body in the presence of sunlight; also dairy products, fish, fish oil	Keeps bones and teeth healthy	
E			skin disorders , heart disease
		Helps blood to clot, helps in bone formation, helps in calcium absorption	

### Answer key for the worksheet

<b>Vitamin</b>	<b>Sources</b>	<b>Functions</b>	<b>Deficiency disease</b>
A	Liver, fish oil, dairy products, green leafy vegetables, yellow or orange fruits and vegetables like papaya and carrot	Needed for normal vision, helps fight infections, helps to maintain healthy hair and skin	Night blindness
C	Orange, lemon, tomato, cabbage, guava, gooseberry	Protects body tissues	Scurvy
D	Made by the body in the presence of sunlight; also dairy products, fish, fish oil	Keeps bones and teeth healthy	Rickets in children, osteomalacia in adults
E	Vegetable oils, nuts, green leafy vegetables, papaya, whole grains	Helps in formation of red blood cells, helps to heal wounds	skin disorders , heart disease
K	Spinach, lettuce, cabbage, cauliflower, grains, some fruits, meat, dairy products, eggs	Helps blood to clot, helps in bone formation, helps in calcium absorption	bleeding, weak bones