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## Worksheet: Health: The Ultimate Treasure

NIOS · Class 8 · Science · 4 questions · 10 marks

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Score: \_\_\_\_\_ / 10

**Q1.** Which vitamin deficiency causes scurvy? *[1 mark]*

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**Q2.** Which mineral deficiency causes goitre? *[1 mark]*

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**Q3.** List the 6 components of a balanced diet with one source each. *[3 marks]*

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**Q4.** A 12-year-old boy frequently feels tired, has pale skin, gets dizzy when standing up. Suggest possible deficiency, sources to add to his diet, and other lifestyle changes. *[5 marks]*

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