

Worksheet: Health: The Ultimate Treasure

Punjab State Board · Class 8 · Science · 4 questions · 10 marks

Name: _____	Date: _____	Score: _____ / 10
-------------	-------------	-------------------

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

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

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

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]*
