

Health and Hygiene

Biology

(a) Night blindness Spinach, Carrots, Liver and Broccoli

Helps to develop eyesight. Prevents from getting night blindness.

(b) Vitamin B1 Peas, Nuts and wholegrain breads
Helps to regenerate thiamine.

(c) Scurvy Citrus foods Helps preventing scurvy.

(d) Vitamin D Fish, meat, eggs, fruits and nuts
Helps in developing bones and making it hard and strong.

NAME THE FOLLOWING

1. Cholera

2. Malaria

3. Dengue

4. Rabies

5. Kwashiorkor and Marasmus

6. Cholera,

- Polio

Amoebiasis

7. Genital Warts

8. Cardiac Disease