

Std - IV

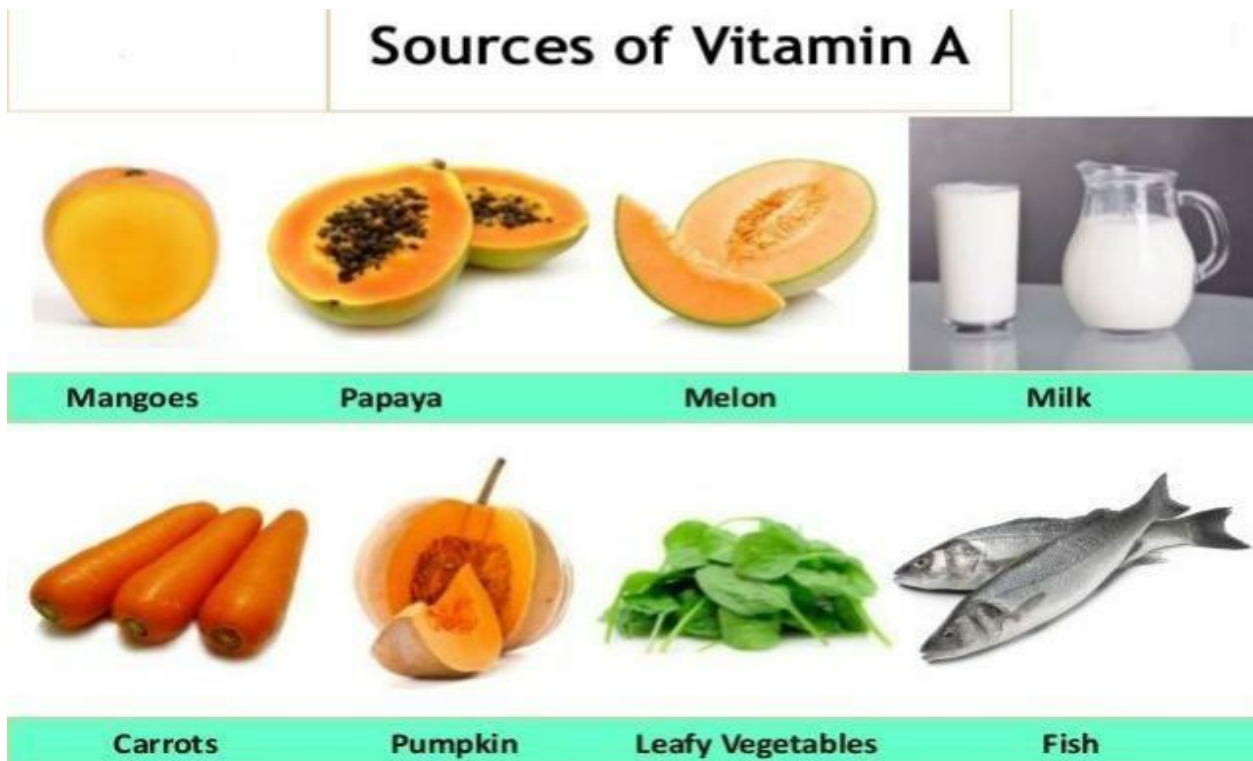
Sub - GK

# VITAMINS

1. Vitamin A - Deficiency of this vitamin causes a disease called **night blindness**.

**Symptoms** - Night Blindness

**Sources** - spinach , carrot ,butter , papaya , fish , eggs, milk.



2. **Vitamin B** - Deficiency of this vitamin causes a disease called **Beri - Beri**.

**Symptoms** - Nerves pain - lead to paralysis

**Sources** - Nuts , soyabean , green vegetables , brown rice

## Sources of Vitamin B



**Nuts**



**Soyabean**



**Green Vegetables**



**Brown Rice**

3. **Vitamin C** - Deficiency of this vitamin causes a disease called **Scurvy**.

**Symptoms** - Gums bleed , tooth pain

**Sources** - Sour fruits , lemon , amla , guava , orange

## Sources of Vitamin C



**Sour fruits**



**Amla**



**Lemon**



**Guava**

4. **Vitamin D** - Deficiency of this vitamin causes a disease called **Rickets**.

**Symptoms** - Bones bend [ pigeon chest and bow legs ]

**Sources** - Milk , fish , eggs ,sunlight

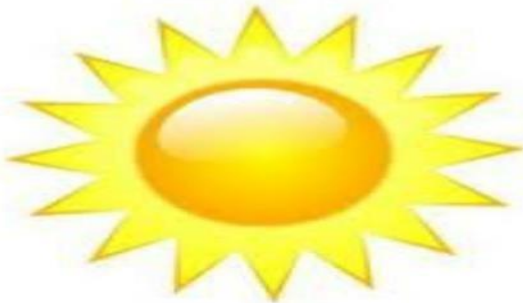
# Sources of Vitamin D



**Egg**



**Milk**



**Sunlight**



**Fish**