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*Olympiads*  
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# CREST Science Olympiad (CSO) **Worksheet** *for* **Class 6**



**Topic**

## Nutrient Deficiency and Malnutrition



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# Worksheet on Nutrient Deficiency and Malnutrition

1. Mary has been experiencing swollen and bleeding gums. Which vitamin deficiency might be causing this?

- a. Vitamin A
- b. Vitamin B1
- c. Vitamin C
- d. Vitamin D

2. Carefully go through the following options and select the statement that accurately describes how deficiency differs from malnutrition.

- a. Deficiency refers to inadequate intake of specific nutrients, while malnutrition refers to overall insufficient nutrition.
- b. Deficiency results from overeating, while malnutrition results from undereating.
- c. Deficiency is common in children, while malnutrition affects adults.
- d. Deficiency can be cured with supplements, while malnutrition requires a balanced diet.

3. Fill in the blank:

Iron deficiency can result in a condition called \_\_\_\_\_, characterised by weakness, fatigue, and shortness of breath.

- a. rickets
- b. anaemia
- c. goiter
- d. beriberi

4. Consider the following statements and choose the correct option:

**Statement I: Protein is a macronutrient essential for the growth and repair of body tissues.**

**Statement II: Meat, fish, eggs, and legumes are good sources of protein.**

- a. Statement I is correct but statement II is incorrect.
- b. Statement I is incorrect but statement II is correct.
- c. Both statements are correct.
- d. Both statements are correct.

5. Match the following deficiency conditions with their corresponding nutrients.

	Column I		Column II
1.	Rickets	A.	Vitamin B12
2.	Beriberi	B.	Vitamin D
3.	Anaemia	C.	Vitamin B2
4.	Cheilosis	D.	Vitamin B1

- a. 1:A, 2:C, 3:D, 4:B
- b. 1:C, 2:B, 3:A, 4:D
- c. 1:D, 2:A, 3:B, 4:C
- d. 1:B, 2:D, 3:A, 4:C

### Answer Key

1. c - Swollen and bleeding gums are common symptoms of vitamin C deficiency, also known as scurvy. A deficiency in vitamin C can lead to weakened blood vessels in the gums, resulting in swelling and bleeding.
2. a - Deficiency refers to the lack of specific nutrients in the diet, such as vitamins or minerals, while malnutrition encompasses a broader concept of insufficient nutrition, including both undernutrition and overnutrition. Deficiency can be one aspect of malnutrition, but malnutrition covers a wider range of nutritional imbalances and deficiencies.
3. b - Iron deficiency can result in a condition called Anaemia, characterised by weakness, fatigue and shortness of breath.
4. c - Statement I is accurate as protein is indeed a macronutrient essential for the growth and repair of body tissues. It plays a crucial role in various physiological processes.
5. d -  
Rickets: Vitamin D  
Beriberi: Vitamin B1  
Anaemia: Vitamin B12  
Cheilosis: Vitamin B2

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