

Deficiency diseases

Case -1

Q1. Meera, a 14-year-old student, has been feeling unusually tired and weak for the past month. She struggles to concentrate during afternoon classes and frequently complains of headaches. During a routine school health check-up, the doctor noticed that her nails and the inside of her lower eyelids looked remarkably pale.

Answer the following questions:

Q1. Identify the deficiency disease Meera is experiencing.

Q2. Which mineral deficiency is responsible for this condition?

Q3. Name two specific food items Meera should add to her lunchbox to combat this.

Case -2

Anisha lives in a remote, mountainous village where the soil and local water supply contain very low amounts of natural minerals. Over the past year, she has noticed a painless but prominent swelling at the front of her neck. She also frequently feels sluggish and tired.

Q1. Write the name of the deficiency disease Anisha is suffering from?

Q2. Which mineral is deficient in her diet and local environment?

Q3. What simple dietary switch can her family make to easily prevent this condition?

Case-3

Rahul, a 7-year-old boy, struggles to see things in the evening and frequently bumps into furniture after sunset. His parents notice that his skin has also become exceptionally dry and scaly. When looking closely at his eyes, the school nurse notices small, triangular, foamy-looking gray spots on the white part (sclera) of his eyes.

Answer the following questions

Q1. What is the common name for the vision problem Rahul is experiencing in dim light?

Q2. Can Rahul cure this condition simply by taking medicine, or does he need to change what he eats? Explain why.

Q3. Which vitamin is missing from Rahul's diet, and what is one animal-based and one plant-based food that can cure it?

