



3055 BA SANGAM COLLEGE

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Worksheet 20



School: Ba Sangam College




Year:12

Subject: Home Economics

Name: _____

Strand	2 HEC 12.2 Food and Nutrition
Sub strand	HEC 12.2.3 Diet and Health
Content Learning Outcome	HEC 12.2.3.1 Explore the utilization of micronutrients and the effects of malconsumption by individuals.

Deficiency diseases	Explanation	Nutrient deficient	Symptoms
SCURVY 	It is a disease caused by lack of vitamin C in the diet.	Lack of vitamin C	<ul style="list-style-type: none">▪ Sore Bleeding gums▪ Loose teeth▪ Fatigue▪ Pains in the limbs
DENTAL CARIES 	Tooth decay/cavities or caries is the breakdown of teeth due to the activities of bacteria. The colors vary from yellow to black.	Dental caries is caused by the action of acids on the enamel surface. The acid is produced when sugars (mainly sucrose) in foods or drinks react with bacteria present in the dental biofilm (plaque) on the tooth surface. The acid produced leads to a loss of calcium and phosphate from the enamel; this process is called demineralization .	<ul style="list-style-type: none">▪ toothache▪ tooth sensitivity▪ bad breath▪ an unpleasant taste in your mouth
ANEMIA	It is a disease caused by shortage of hemoglobin, red cells in the blood.	Shortage of iron in the diet. Defective absorption of iron due to deficiency of	<ul style="list-style-type: none">▪ Tiredness▪ Restlessness▪ Breathlessness▪ Lack of energy

		<p>Vitamin C and B12 or folic acid. Frequent or heavy blood loss. Pernicious – more severe one and is caused by lack of chemical in gastric juice which is necessary for absorption of Vit B 12</p>	<ul style="list-style-type: none"> ▪ Headaches.
<p>GOITER</p> 	<p>Is a disease whereby there is an enlargement of the thyroid gland on the front and sides of the neck.</p>	<p>Lack of iodine</p>	<ul style="list-style-type: none"> ▪ Problem of swallowing ▪ Shortness of breath ▪ Hoarseness ▪ Wheezing sound (stridor)
<p>Muscle Cramps</p> 	<p>A muscle cramp is a strong, painful contraction or tightening of a muscle that comes on suddenly and lasts for a few seconds to several minutes. It often occurs in the legs. A muscle cramp is also called a charley horse.</p>	<p>Exercising, injury or overuse of muscles. Pregnancy – decreased calcium, magnesium etc. Exposure to cold. Standing for long on hard surface. Not enough potassium, calcium in blood. Taking certain medication like antipsychotics, birth control pills, steroids, diuretics.</p>	<ul style="list-style-type: none"> • Sudden sharp pain. • Severe discomfort • Leg swelling, redness & skin changes. • Muscle weakness

Activity

(10 marks)

1. Explain the following diseases;

a.

Scurvy_____

b. Dental

caries_____

c.

Anemia_____

d. Goiter-

e. Muscle
cramps_____
