

Deficiency Diseases

Chapter 3: Mindful Eating: A Path to a Healthy Body · Topic 3

Key Concept

Iron deficiency leads to anaemia, causing tiredness and weakness because the blood cannot carry enough oxygen; this is treated by eating iron-rich foods like spinach and jaggery, or through iron supplements. Iodine deficiency can cause goitre, a swelling in the neck, which is why iodised salt is now commonly used to prevent it. Public health programs often focus on preventing deficiency diseases in children, since they can affect physical and mental growth if not treated early.

Quick Revision Notes

- Scurvy (Vitamin C deficiency), rickets (Vitamin D deficiency), kwashiorkor (protein deficiency).
- Iron deficiency causes anaemia; iodine deficiency causes goitre.
- Iodised salt is used to prevent goitre.
- Deficiency diseases in children can affect both physical and mental growth if untreated.

Practice Questions

- 1 Name one deficiency disease and the nutrient whose lack causes it.
- 2 Why is iodised salt commonly used in households?
- 3 Suggest a diet change to prevent anaemia caused by iron deficiency.