

Class - VI

Ch - Components of food

12/5/20

### Vitamins

- Vitamins are required in small amount to protect our body from diseases.
- They are essential for the proper working of the body.
- They help in keeping our bones, teeth, eyes and gums healthy.
- Vitamins are of different kinds such as Vitamin A, B, C, D, K, E.
- They are obtained from fruits, vegetables, fish, liver oil, milk, egg etc.

# Different types of Vitamins, their sources, functions and diseases caused by deficiency.

Vitamin	Sources	Functions	Deficiency
Vitamin A	Leafy green vegetable, Oranges, Carrots, pumkin	Forms & helps maintain bones, skin, tissue & teeth	Colour blindness, night blindness, poor visibility.
Vitamin B1 (Thiamine)	Sunflower seeds, whole grain cereals, Sesame seeds	Enables cells to turn Carbohydrates into energy.	Beriberi - loss of appetite, loss of weight.
Vitamin B2 (Riboflavin)	Almonds, Banana, green beans	Maintains body growth and RBCs (Red Blood cells)	Skin disorders, Cheilosis - breaking of lips.
Vitamin C	Fresh herbs, papaya, Oranges, Cauliflower, Strawberries, Guava	Promotes healthy gums & teeth	Scurvy i.e. gum disease (gingivitis)
Vitamin D	Sunshine, fish, egg, mushrooms	Necessary for the healthy development of bones and teeth	Rickets and Osteomalacia - Weakening & softening of bones
Vitamin E	Soyabean oil, red chilli powder, apricots, green olives, Cooked spinach	Helps in processing Vitamin K and formation of RBCs	Muscle weakness and transmission problems in nerve impulses.

Vitamin  
K

Green leafy  
Vegetables, Soyabean  
oil

Essential for  
blood coagulation

Excessive  
bleeding  
from wound.