

Check point:



1. The vitamin that keeps our skin and eyes healthy is

- a. Vitamin A
- b. Vitamin B
- c. Vitamin C



2. Scurvy is caused due to deficiency of which vitamin?

- a. Vitamin A
- b. Vitamin B
- c. Vitamin C



3. Vitamin B deficiency causes

- a. Night blindness
- b. Rickets
- c. Beriberi



4. Anemia is caused due to deficiency of

- a. Calcium
- b. Iron
- c. Iodine



5. Iodine deficiency causes

- a. Goiter
- b. Rickets
- c. Night blindness



6. All vitamins and minerals provide support for.....system

Its All About Vitamins Biology Answer Key

Marco Casella



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