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## WORK SHEET No. 2 CH-2 COMPONENTS OF FOOD

## Q1.Complete the following table.

Vitamin/Mineral	Deficiency disease/Disorder	Symptoms
Vitamin A		
Vitamin B1		COIC
Vitamin C	. 90	•
Vitamin D	1105	
Calcium	SUP	
Iodine		
Iron		

Q2. Draw the diagrams of any two foods which are rich in Proteins.