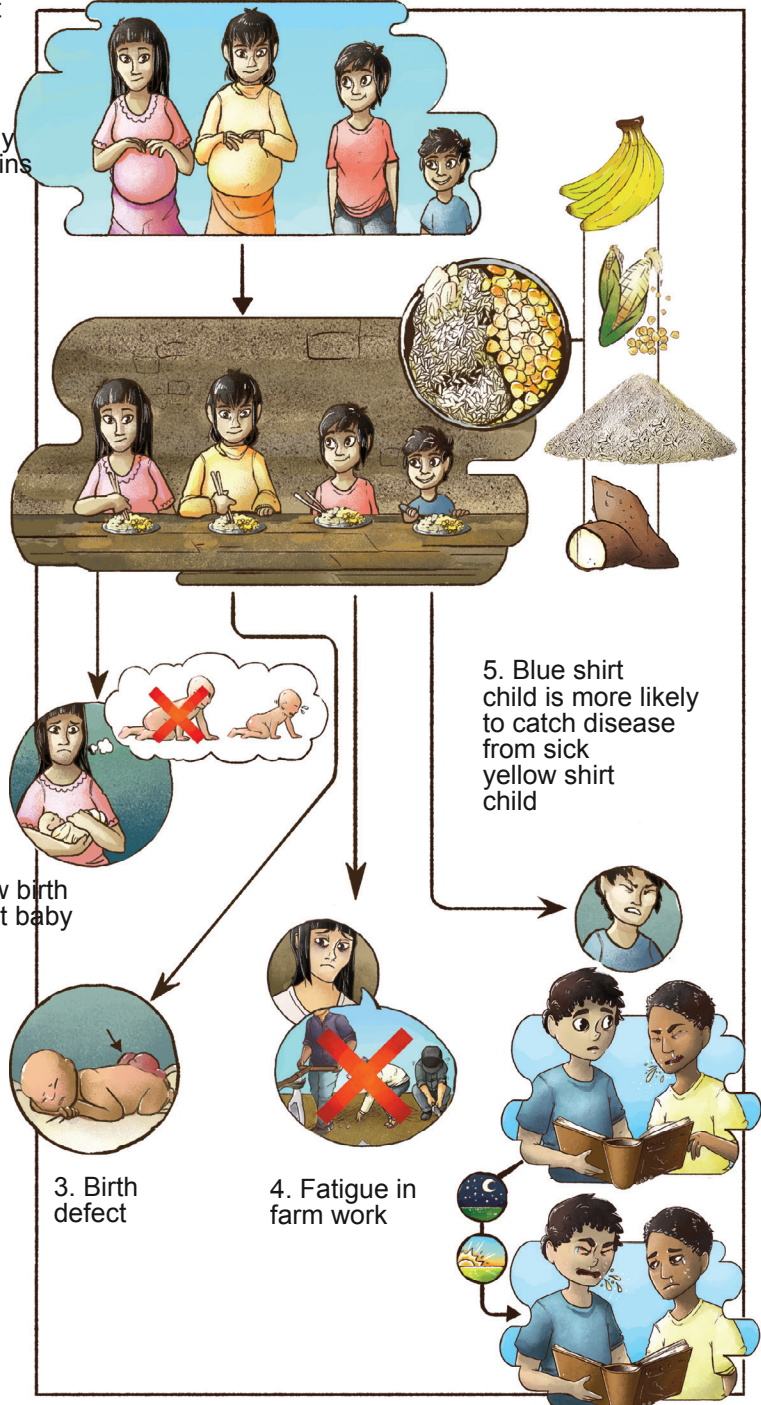


# Lesson: Pregnant women and children should eat leafy green vegetables

1. Not recommended practice:

Pregnant women, teenage girls or children eat mostly large grains such as maize or rice or tubers such as cassava



6. Recommended practice: add leafy green vegetables to meals including lentils

