

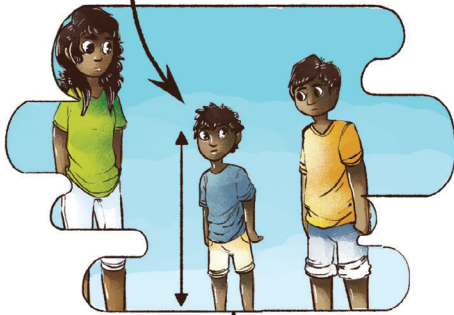
Lesson: People especially pregnant women and children should eat legumes/pulses

1. Not recommended practice:

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

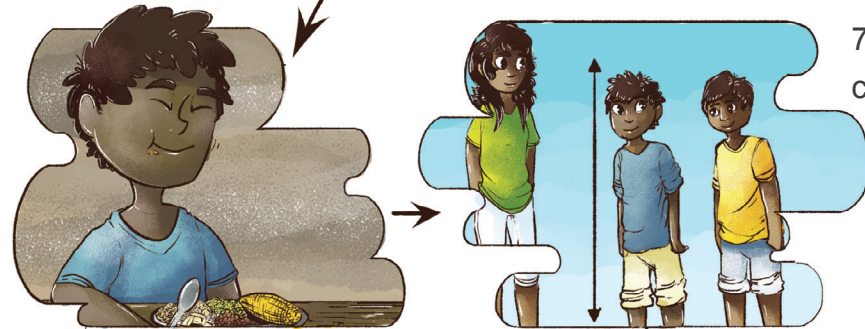
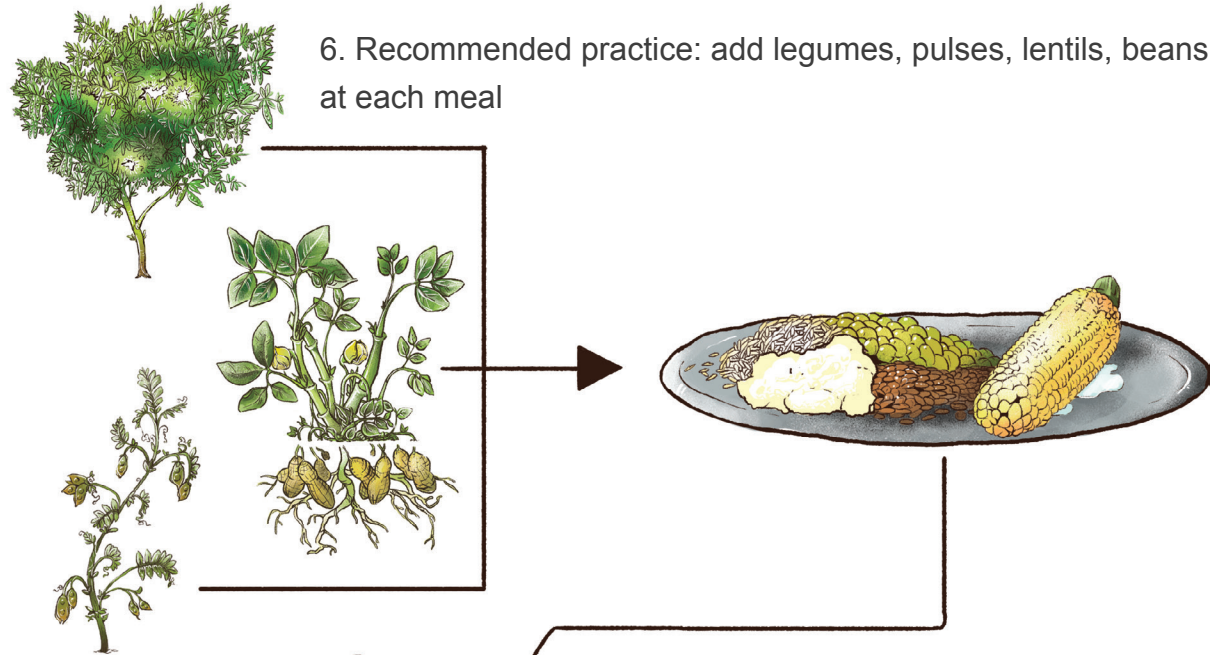


2. Child will be stunted



3. Extended belly 4. Skin cracking 5. Hair discoloured or falling out

6. Recommended practice: add legumes, pulses, lentils, beans at each meal



7. Normal child growth



8. Normal belly 9. Normal skin 10. Normal hair