

Lesson: Pregnant women and children should eat colourful foods, leafy green vegetables, legumes/pulses and small whole grains

1. Not recommended:
pregnant women, teenage girls or children eat mostly large grains such as maize or rice or tubers such as cassava

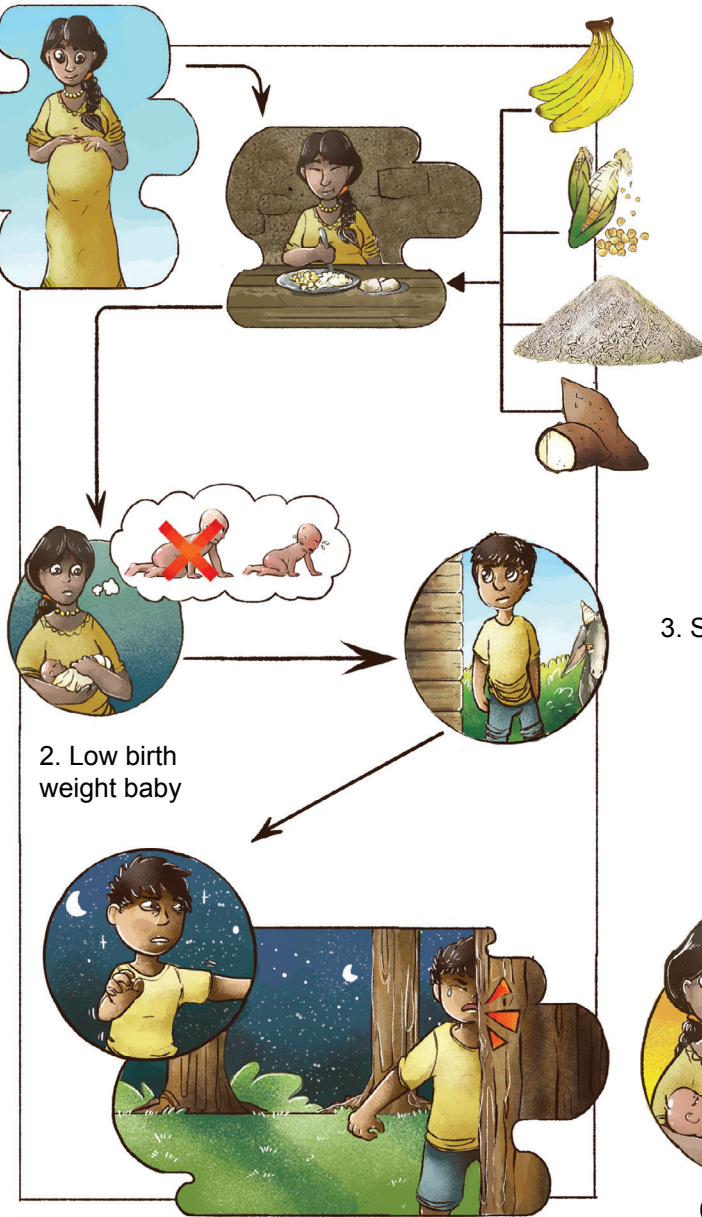
5. Recommended foods to eat

small grain legumes/pulses

colourful fruits and vegetables and cooked cucurbit seeds

leafy greens

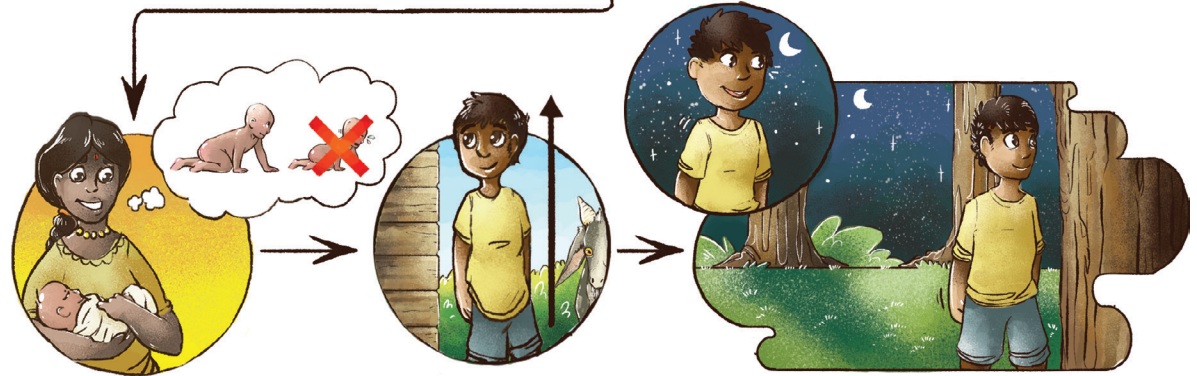
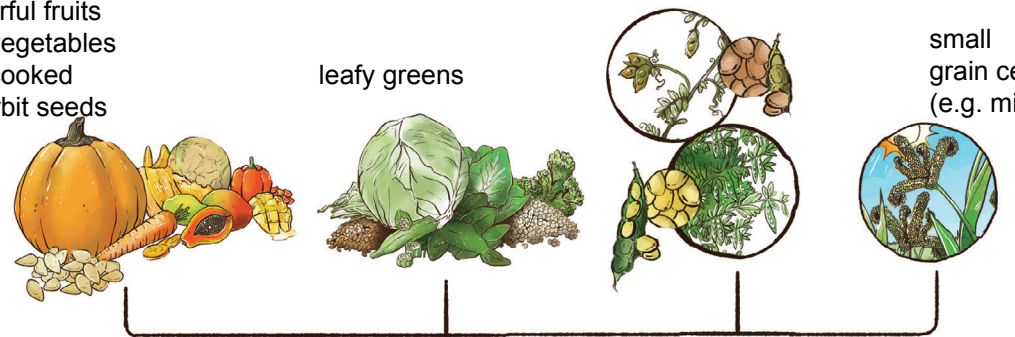
small grain cereals (e.g. millet)



2. Low birth weight baby

3. Stunted child

4. Night blindness



6. High birth weight baby

7. Normal growth

8. Proper eyesight at night