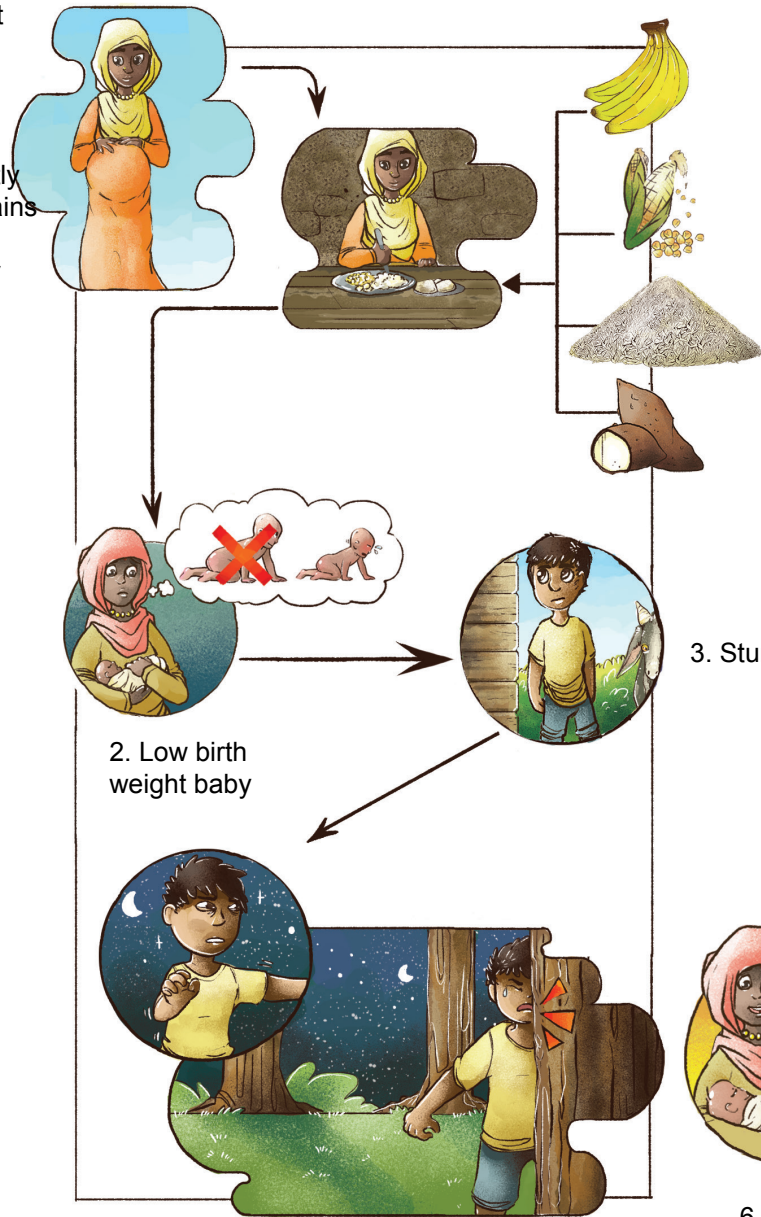
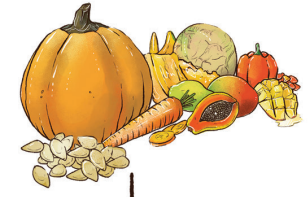


Lesson: Pregnant women and children should eat colourful foods, leafy green vegetables, legumes/pulses and small whole grains

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



colourful fruits and vegetables and cooked cucurbit seeds



5. Recommended foods to eat



small grain legumes/pulses



small grain cereals (e.g. millet)

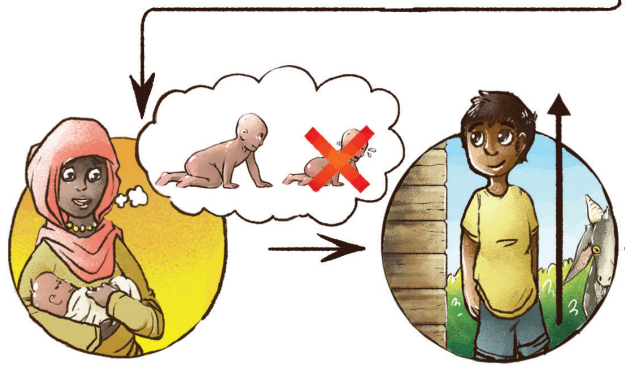


3. Stunted child

2. Low birth weight baby



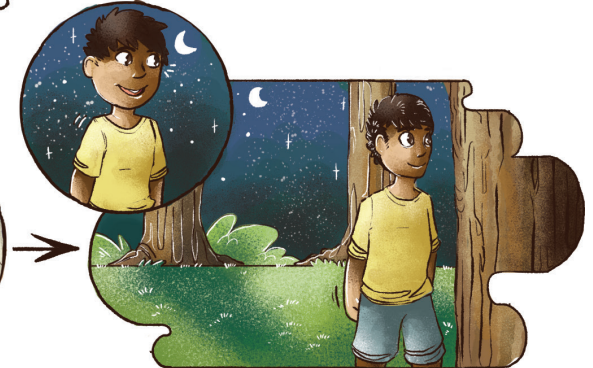
4. Night blindness



6. High birth weight baby



7. Normal growth



8. Proper eyesight at night