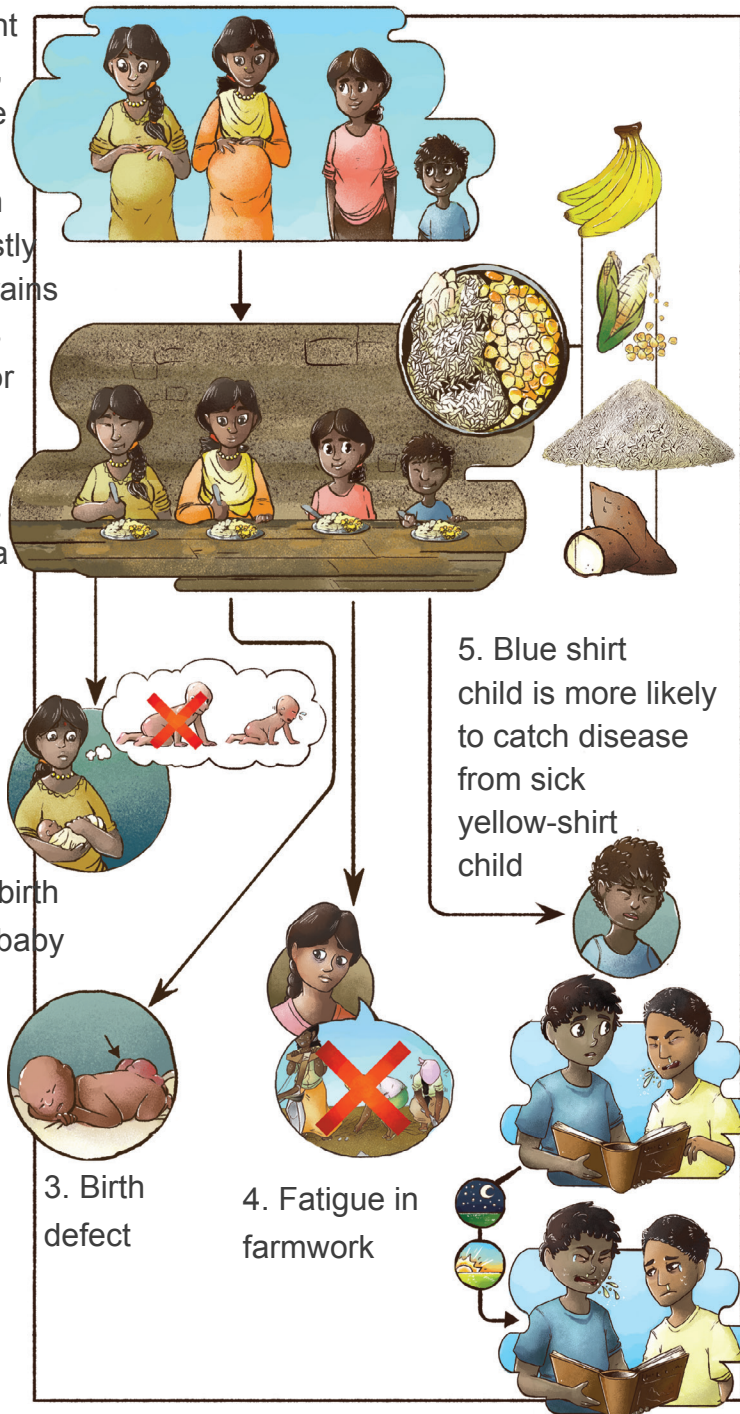


Lesson: Pregnant women and children should eat leafy green vegetables

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

