Lesson: Pregnant women and children should eat whole small grains to be healthier (folate and minerals). 1. Not recommended: pregnant women, teenage 5. Recommended to also eat small grains girls or children eat mostly large such as millets because many minerals grains such as are in the seed coating maize or rice 8. Blue-shirt child is more resistant to illness from yellowshirt child 4. Child is more susceptible to catching illness from others 2. Low birth weight baby 7. More energetic girls

6. Higher weight baby

3. Girl has low energy to work