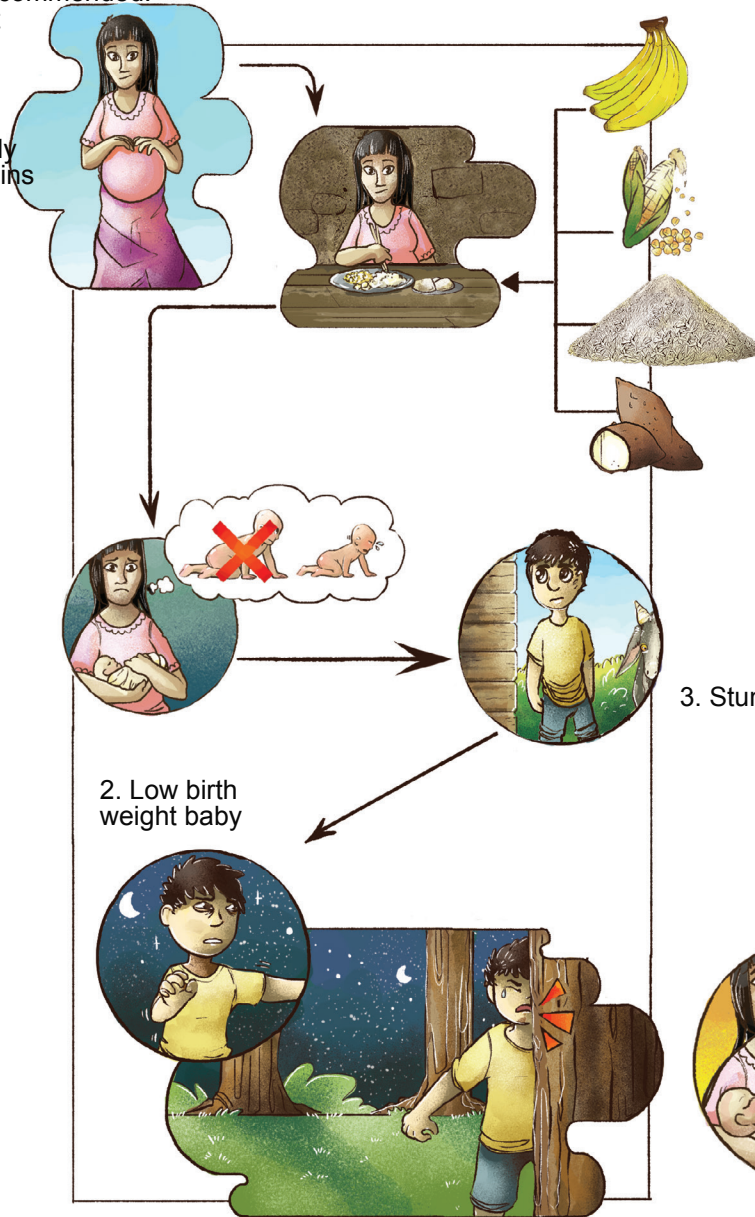


Lesson: Pregnant women and children should eat colourful foods, leafy green vegetables, legumes/pulses and small whole grains

1. Not recommended:

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



4. Night blindness

colourful fruits and vegetables and cooked cucurbit seeds

5. Recommended foods to eat

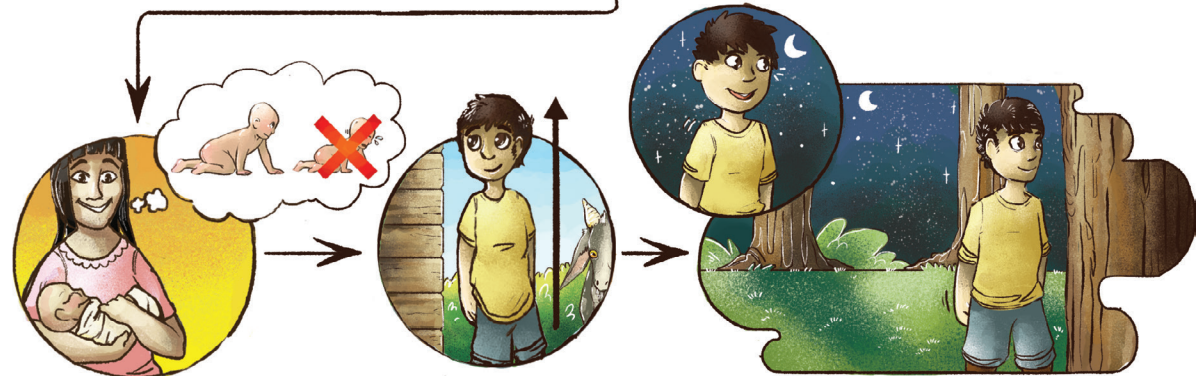
leafy greens

small grain legumes/pulses

small grain cereals (e.g. millet)



3. Stunted child



6. High birth weight baby

7. Normal growth

8. Proper eyesight at night