Additional file 1: Table S1. Lesson Plans of the Nutrition Education for Mothers

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| **Session title** | **Contents** |
| Why young children need a well-balanced diet complementary food? | * Definition of balanced diet
* Young children’s susceptibility to undernutrition (exposure to repeated infectious diseases, low physical and mental performance)
* The need of balanced complementary food
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| Food groups and benefit of pulses | * Nutrient content and food groups
* Enriching complementary foods using pulses
* Proportion of cereal and pulses for preparation of commentary food
* Recipe demonstration (preparation of porridge from germinated pulses and cereal for complementary feeding)
 |
| Household processing techniques | * Soaking
* Germination
* Drying and roasting
* Milling
* Safe storage of processed flour
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| Review | * In the final session, the materials used in the previous discussion were reviewed and summarized through discussion with mothers.
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