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 |
| 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 |
| Review | * In the final session, the materials used in the previous discussion were reviewed and summarized through discussion with mothers. |