

Hence measuring weight is important

- Child who is not gaining weight or losing weight can be eating less or be a sick child (Learn it from Anganwadi behen).
- Pregnant woman should gain weight steadily.(learn it from nurse didi)
- Diseases like TB, AIDS and cancer cause weight loss.

What do you feel about this?

- ♦ Some people think it is good to be fat. Others think it is good.
- ♦ Fasting does not kill. Gluttony does.
- ♦ Good stamina for work comes from food and exercise.
- ♦ A woman's duty is to eat after everyone in the family.
- ♦ A pregnant mother should eat less to have a safe childbirth.
- ♦ Malnutrition comes from hunger and starvation. But sometimes even rich people are malnourished.