Illustrated guide to making good porridge: preventing illness in children in Uganda. Colour lithograph by Ministry of Health, 2002.

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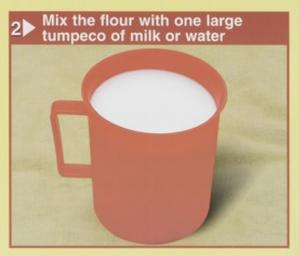
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HOW TO MAKE GOOD PORRIDGE.

Clever Kate says, to prepare a good bowl of porridge take the following steps:







3 Add an egg to the mixture or pounded groundnuts or pounded simsim







 For your child to grow healthy and strong, make sure you prepare thick porridge with milk, eggs, groundnuts or simsim for extra goodness.



