

1. Prepare the wrap

- Put the wrap on your plate.
- Spread a little sauce on the wrap.
- Leave a small space around the edge.



2. Add the vegetables

- Put spinach on the wrap.
- Add other vegetables you like.



3. Add the eggs

- Put sliced egg on top of the vegetables.



4. Roll the wrap

- Fold the sides into the middle.
- Roll the wrap up tight.
- Ask an adult to cut the wrap in half.



5. Eat

- Enjoy eating your wrap.



6. Clean up

- Tidy up your space.
- Throw rubbish in the bin.
- Wash your hands again.

