

Egg and veggie wraps

KS1 | Home cooking



Age: 5–6

Time: 20–30 minutes

Adult support: Required throughout

Why do this recipe at home?

Children learn:

- to make a healthy snack.
- that eggs and vegetables help our bodies grow and stay strong.
- fine motor skills such as spreading, placing, and rolling.
- to follow simple instructions.
- to talk about food, colours, and textures.

Important information

- An adult must stay with the child at all times.
- Adults should do any boiling, peeling, or chopping with sharp knives.
- Encourage handwashing before and after the activity.
- Make sure your child has no allergies to any of the food before starting.
- Use plastic knives or spoons for children where needed.

Before you start (adult preparation):

Parents can prepare this in advance or talk through it while doing it:

Cook the egg. Place the egg in a small pan of cold water. Slowly bring to the boil, then simmer for 7 minutes.

Drain the egg, rinse with cold water, and leave to cool.

Peel the egg and slice it.

Wash and prepare the vegetables.

Set out all ingredients so they are easy for your child to reach.

Curriculum link:

Design & Technology – Cooking and Nutrition: Use the basic principles of a healthy and varied diet to prepare dishes.

Ingredients for 1 child:

- 1 British Lion egg
- 1 wholemeal wrap
- A small handful of baby spinach (or other salad leaves)
- Small portions of prepared vegetables, such as:
 - Cucumber (sliced)
 - Tomato (chopped)
 - Red pepper (chopped)
 - Grated Carrot
- 1–2 teaspoons of sweet chilli sauce or ketchup

(Use vegetables you already have at home or that your child prefers.)

Equipment:

- Plate or small bowl
- Spoon
- Plastic knife or spoon for spreading
- Plate or napkin
- Paper towel or mat
- Apron (optional)



Let's make an egg and veggie wrap!

Step 1: Prepare the wrap

- Place the wholemeal wrap on a plate.
- Help your child add one teaspoon of sauce to the wrap.
- Your child spreads the sauce, leaving a small gap around the edge.

Talking points

"What does the sauce smell like?"
"Can you spread it gently?"

Step 2: Add the vegetables

- Your child places a small handful of spinach onto the wrap.
- Encourage them to add a few pieces of each vegetable.

Talking points

"What vegetables have you chosen?"
"What colours can you see?"
"Why are vegetables good for us?"

Step 3: Add the egg

- Your child places a few slices of egg on top of the vegetables.

Talking points

"Where do eggs come from?"
"How do eggs help our bodies?"

Step 4: Roll the wrap

- Demonstrate how to fold the sides in slightly.
- Help your child roll the wrap carefully.
- Adults can cut the wrap in half if needed.

Talking points

"Can you roll it tightly?"
"What's inside your wrap?"

Finish

- Enjoy eating the wrap together.
- Help your child tidy the area.
- Wash hands again to finish.

Learning extension

Drawing

- Draw a picture of the wrap and colour in the ingredients.

Maths

- Count how many vegetables were used.
- Talk about which vegetable was your favourite.

Speaking & sequencing

- Ask your child to explain the steps:
 - "What did we do first?"
 - "What came next?"

Parent tip

Focus on enjoyment rather than neatness. Encourage your child to try, talk, and explore. Praise effort and independence, this is exactly how young children learn best in KS1.