

Egg and veggie wraps

KS1 | Teacher guide



The recipe in this pack is designed to help younger children explore cooking in a fun and simple way. An adult should be present for all activities, and should carry out any steps when using knives, the oven, or the hob.

Choose recipes that are suitable for your children's abilities, so they can take part safely and enjoy the experience.

This recipe is designed for a class of 30 KS1 children to make egg & veggie wraps (wholemeal wraps with a boiled egg and vegetable filling). It focuses on preparing a fun healthy snack. Children will learn about nutrition and practice fine motor skills.

Before you begin:

Group children into groups of 5. Ensure that all ingredients are pre-measured. Check the class for food allergies and any dietary restrictions.

The following steps could be completed by a classroom assistant if available whilst the teacher is delivering an input or setting up the classroom with the children. If possible, this could also be done during the previous lesson.

Cook the eggs in a pan of cold water. Slowly bring to the boil. When boiling, lower the heat and simmer for 7 minutes.

Drain the eggs. Allow to cool and then peel away the shells.

Deseed and chop the peppers and tomatoes. Slice the cucumber. Peel and grate the carrots.

Evenly share out the prepared vegetables and wraps onto plates or board for each group.

Curriculum link:

Cooking and Nutrition – use the basic principles of a healthy and varied diet to prepare dishes

Ingredients for 30 children/ 6 groups of 5:

- 30 large British Lion eggs
- 30 wholemeal wraps
- 1 large bag baby spinach leaves
- 2 red peppers, seeded and chopped
- 1 cucumber, thinly sliced
- 6 medium tomatoes, chopped
- 6 small carrots, peeled and grated
- 1 large bottle sweet chilli sauce or ketchup

Equipment:

- 5 large bowls or chopping boards (1 per group)
- 10 spoons (2 per group)
- Plastic knives (for spreading)
- Plates or napkins (1 per child)
- Paper towels
- Table coverings or mats
- Aprons (if available)



Egg and Veggie Wraps

Step 1

- Ensure that each group have all ingredients. Plate or bowl of boiled eggs, bowls or boards of prepared vegetables, wraps and sauce.
- Demonstrate to the children how to spread the sauce onto the wrap, leaving a 2cm edge to make rolling the wrap easier.

The teacher and classroom assistant can circulate to support as appropriate.

Step 2

- Instruct each child to take a teaspoon of sauce and spread it carefully on their wrap.
- Then, place a small handful of spinach onto the wrap and follow with a few pieces/slices of each vegetable.

Step 3

- Each child can now take a couple of slices of the boiled egg and place this on top of the vegetables.
- Demonstrate how to carefully fold the side edges into the middle and roll the wrap.

End the lesson

Ask each group to check each person's wrap is secure. Demonstrate how to carefully slice the wrap in half. Children can now enjoy their wraps.

Lead children in tidying up the tables and washing hands again at the end to finish.

Optional extension:

- Children could draw their own wrap design, thinking about what ingredients they would choose and why. They can then label each part on their drawing.
- Children could create a tally of the most popular vegetables in their group.

Future learning:

Children could look at other wrap dishes around the world and how they differ to the ones they have just created e.g. roti, tortillas, chapati).