



At Home

Healthy Body, Happy Me 2026

Healthy Heroes at Home



Supported by



Activity Garden Friends Story with Rainbow Vegetable Wraps

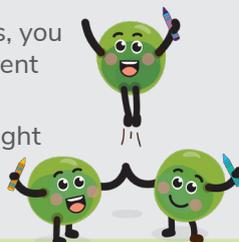


Engage children in finding out about different fruits and vegetables by making up little stories about the ones you are going to use in your cooking.

Activity outline

While you're gathering the vegetables ready for your wraps, you could tell this short story. Make it funny by putting on different voices for the characters.

As you tell your story, encourage your child to pick up the right veg each time you mention the character. They could even make it look like the veg can talk and walk!



Resources

- Fruit and vegetables e.g. peppers, lettuce, strawberries, carrots, peas and cucumber.

Story example

In a sunny garden, three best friends loved to play together. There was Pepper, who was bright red and full of spice; she liked to zip and zoom around. Pepper was bold, brave and never scared to try something new. "Hi!" said Pepper in a high, zingy voice. Carrot was tall, orange, cheerful and bouncy. She loved learning new things and always had a smile ready to share. "Well, hello there!" bubbled Carrot. And then there was Cucumber - small, green and super cool. Cucumber could always be found chilling out in the shade of a big tree, nothing ever worried him. "Hey y'all!" drawled Cucumber in a low, slow voice.

One morning, the friends met by the big tree in the middle of the garden. "Let's go on an adventure!" Pepper said, zipping and zooming around. "There are so many fruits and veggies we haven't met yet!" Cucumber stretched and smiled. "As long as we can chill along the way, I'm in," he said.

Off they went, using their eyes and noses to find new friends. They spotted a group of tiny, perfectly round green peas. "Hello, peas!" Carrot called. "You look like little green bubbles!" The peas rolled around, giggling and popping from their pods. *Have a go at giggling and popping around the room like excited peas!*

Next, they sniffed the air. Following the sweet smell they found a patch full of bright red, shiny strawberries. "Mmm! I smell something sweet," said Pepper. "You smell as warm as sunshine."

Then they noticed a patch of soft, green lettuce, swaying gently in the breeze. "Hello" Cucumber said, smiling. "You're cool and green like me!" *Try swaying your arms and body like a lettuce in the breeze or walking around as cool as a cucumber.*

The three friends skipped home. "I love to find new friends," Carrot said. "Every adventure is better with friends," Cucumber added. "I can't wait for our next adventure," said Pepper.

See if your child can remember any of the characters or how many there were (six - pepper, carrot, cucumber, peas, strawberries and lettuce).

The vegetables' next adventure is to be made into a zippy, cheerful and cool rainbow wrap!

Continue reading for the recipe.



Recipe Garden Friends Vegetable Wraps

Use the pepper, carrot and cucumber from the Garden Friends Story to create wraps packed with crunchy, colourful vegetables.

Involve your child in the preparation by exploring the textures, colours and smells while boosting their vegetable intake. Include children with child safe utensils wherever possible. Let them guess what the vegetable looks like inside before chopping them open. Talk about skin, flesh, seeds, patterns, colours and smells. This is a wonderful opportunity to extend vocabulary and encourage curiosity. See if your child can remember what any of the vegetables did or what their voices were like from the story.

Activity outline

- Wash hands and wash all vegetables (especially if they've been on the Garden Friends Adventure!)
- Prepare the different vegetables, tasting each one if they wish
- Warm the tortilla wraps so they're soft, flexible and easy to roll
- Spread soft cheese or houmous onto the tortillas, using a child safe knife or the back of a spoon
- Leave a small border around the edge
- Arrange the colourful veggie sticks in rows of different colours on the tortilla - just like making a rainbow
- Fold in the sides and roll the tortilla up tightly, like wrapping the vegetables up in a snug blanket
- Slice the wrap either in half diagonally or into bite-sized circles, creating rainbow wheels.

Food Standards Agency choking hazards guidance: www.rebrand.ly/FSAGuidance

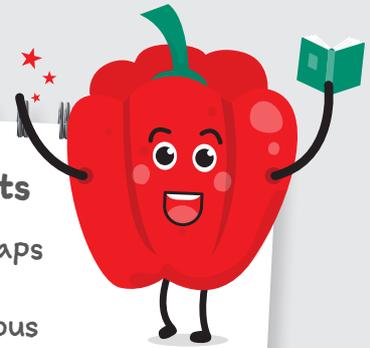


Take a look at the
Easy Rainbow Veg
Wraps recipe on
the Lidl website



Ingredients

- Four tortilla wraps
- 200g light soft cheese or houmous
- One cucumber with the seeds removed and cut into batons
- Two large carrots, peeled and cut into matchsticks
- One red and yellow pepper, cut, deseeded and sliced into strips
- 200g cooked beetroot in natural juices, sliced into sticks and patted dry with kitchen towel.



BUBBLE!

Scrub-a-dub dub!



Further resources, links and stories:



Scan me to have your say in our Lidl Foodies parent survey.



Have older kids? Scan & share me to bring Foodies to their school.



National Day Nurseries Association

At NDNA, we don't just provide nursery membership, lobby government and offer training, we are dedicated to making a difference. We are a charity that believes in quality and sustainability so we put our members' businesses at the very heart of ours. We enhance, support, nurture, cherish and challenge.

Every year we run an annual Healthy Body, Happy Me campaign to encourage better health and happiness by giving nurseries FREE resources for play, learning and fun. Get involved with our 2026 campaign and help keep your children happy and healthy.

Important: Children must always have adequate supervision. Take a look at the Food Standards Agency choking hazards table for guidance on preparing food to reduce the risk of choking:
www.rebrand.ly/FSAGuidance



National Day Nurseries Association

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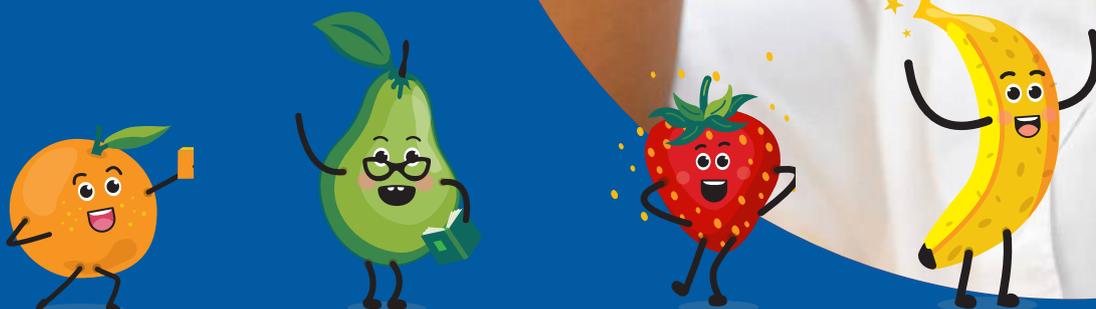
Lidl Foodies

Before you begin your Lidl Foodies activities, don't forget to grab your **free pack of fruit.**

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