
Lumi Tales
EAT A RAINBOW
Every Color, Every Day!
Scan for healthy tips & fun!
RED
Heart Healthy
ORANGE
Helps You See
YELLOW
Stronger Bones
GREEN
Fights Germs
BLUE & PURPLE
Good for Brain
Eat a variety of colorful fruits and vegetables
every day to stay healthy, happy and full of energy!

Lumi Tales

FOOD PYRAMID

Eat Right, Grow Strong, Stay Healthy!

WHAT IS THE FOOD PYRAMID?

It shows us the different kinds of foods we should eat every day.

Eat more from the bottom and less from the top!



EAT LESS

Foods high in fat, sugar & salt

SOMETIMES

Eat only occasionally and in small amounts.



OILS, NUTS & SEEDS

Healthy fats help our body grow and work.



1–2 SERVINGS PER DAY

(1 tsp oil or a small handful of nuts/seeds)

MILK & DAIRY

Strong bones and healthy teeth.



2–3 SERVINGS PER DAY

(1 cup milk or yogurt or a slice of cheese)

FRUITS & VEGETABLES

Vitamins, minerals and fiber keep us strong and fight sickness.



4–5 SERVINGS PER DAY

(Eat a variety of colors every day!)

WHOLE GRAINS & CEREALS

Give us energy to play, learn and grow.



6–8 SERVINGS PER DAY

(1 slice bread or 1/2 cup cooked rice or roti)

PROTEIN FOODS

Build muscles, repair body and keep us healthy.



2–3 SERVINGS PER DAY

(1 egg or 1/2 cup dal/beans or 30–60 g meat/fish)

DAILY HABITS



DRINK PLENTY OF WATER
6–8 glasses every day



BE ACTIVE
Play, exercise or do sports every day



SLEEP WELL
8–10 hours of sleep



BE THANKFUL
Enjoy your food and eat with family



EAT A VARIETY OF FOODS FROM ALL GROUPS EVERY DAY!

A BALANCED DIET HELPS YOU:



GROW TALLER & STRONGER



THINK & LEARN BETTER



STAY HEALTHY & FIGHT ILLNESS



HAVE ENERGY TO PLAY & HAVE FUN

Everyone's needs may vary. Eat the right amount for your age, activity level and body.

Always choose healthy foods most of the time!



Healthy food today, a healthy you tomorrow!

Lumi Tales

LUNCHBOX CHALLENGE!

Pack a healthy, colorful, and yummy lunch!

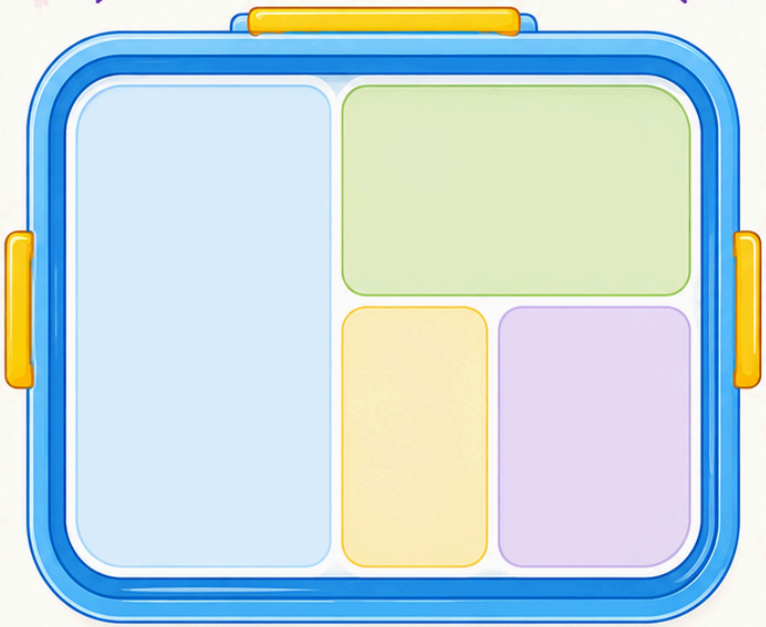
HOW TO PLAY

1. Cut out the food stickers.
2. Choose the healthy foods you like.
3. Paste them in your lunchbox.
4. Great job! You made a super healthy lunch!

GOOD CHOICES



Fill your lunchbox with healthy foods!



NOT SO HEALTHY



A healthy lunch gives you energy to learn, play and grow!

DON'T FORGET!

- Drink water
- Eat fruits
- Eat veggies
- Eat balanced

You're a Healthy Hero!

Lumi Tales

WEEKLY RAINBOW TRACKER

Eat a rainbow every day for a healthy, happy you!

HOW TO PLAY

1. Cut out the food stickers.
2. Eat foods from each color.
3. Place a sticker in the matching color each day.
4. Try to fill your rainbow every day!

COLORS OF THE RAINBOW	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RED – Strong Heart							
ORANGE – Bright Eyes							
YELLOW – Happy Body							
GREEN – Healthy Body							
BLUE – Smart Brain							
INDIGO – Calm Mind							
PURPLE – Strong Immunity							



The more colors you eat, the stronger and happier you become!

RAINBOW STICKERS – CUT & USE!



MY GOAL

I will try to fill my rainbow every day!

I did it! ☐

Lumi Tales

HEALTHY PLATE ACTIVITY

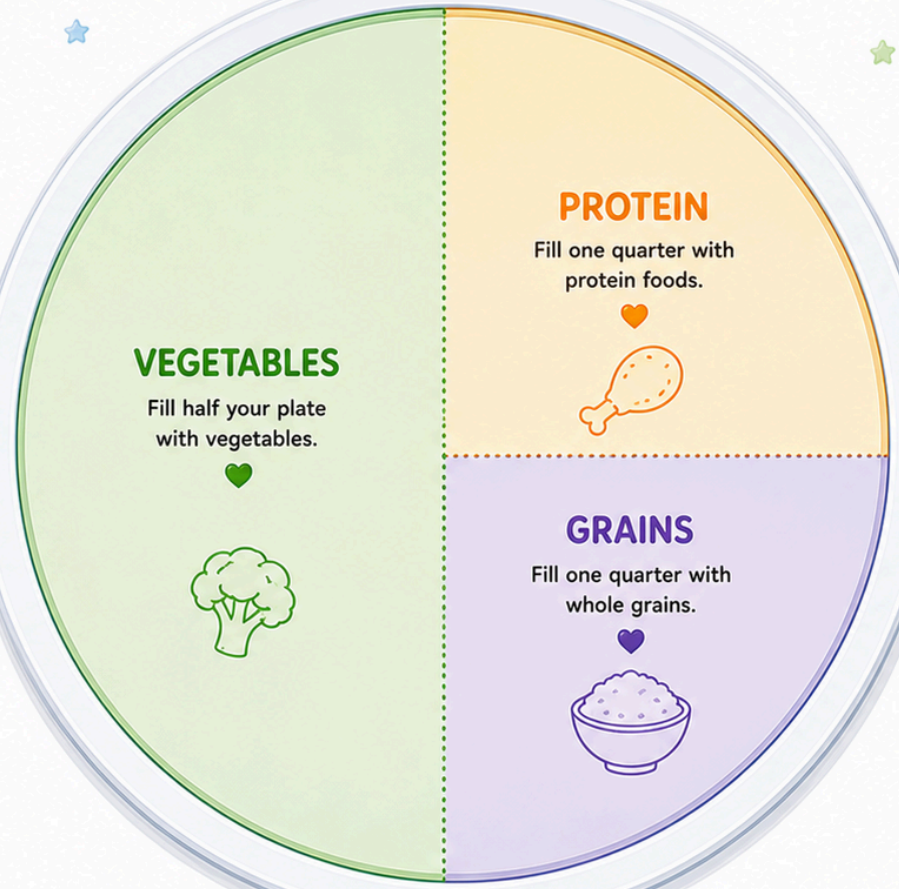
Make your plate colorful, healthy, and yummy!

HOW TO PLAY

1. Look at the healthy plate.
2. Cut out the foods below.
3. Paste them in the right section of the plate.
4. Try to fill your plate with different colors!

FOOD STICKERS





DAIRY

Add a dairy food like milk, cheese, or yogurt.



GOOD HABITS

- Drink plenty of water.
- Stay active every day.
- Sleep well and rest.
- Be happy and eat with family!

A healthy plate gives you energy, helps you grow, and keeps you strong!

Lumi Tales

COLOR SORTING GAME

Eat a rainbow every day!

1. Cut out the fruits and vegetables.
2. Look at the colors carefully.
3. Sort and paste each one in the matching color box.
4. Great job! You just ate a rainbow!

RED	ORANGE	YELLOW	GREEN	BLUE & INDIGO	PURPLE



Healthy foods come in many colors. The more colors you eat, the stronger and happier you'll be!

Lumi Tales

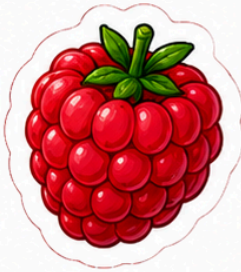
RED Sticker Sheet

These red foods are full of power for your heart!

















⭐ Red foods help keep your heart strong and your body healthy! ⭐

Lumi Tales

ORANGE Sticker Sheet

These orange foods give you energy and keep you strong!

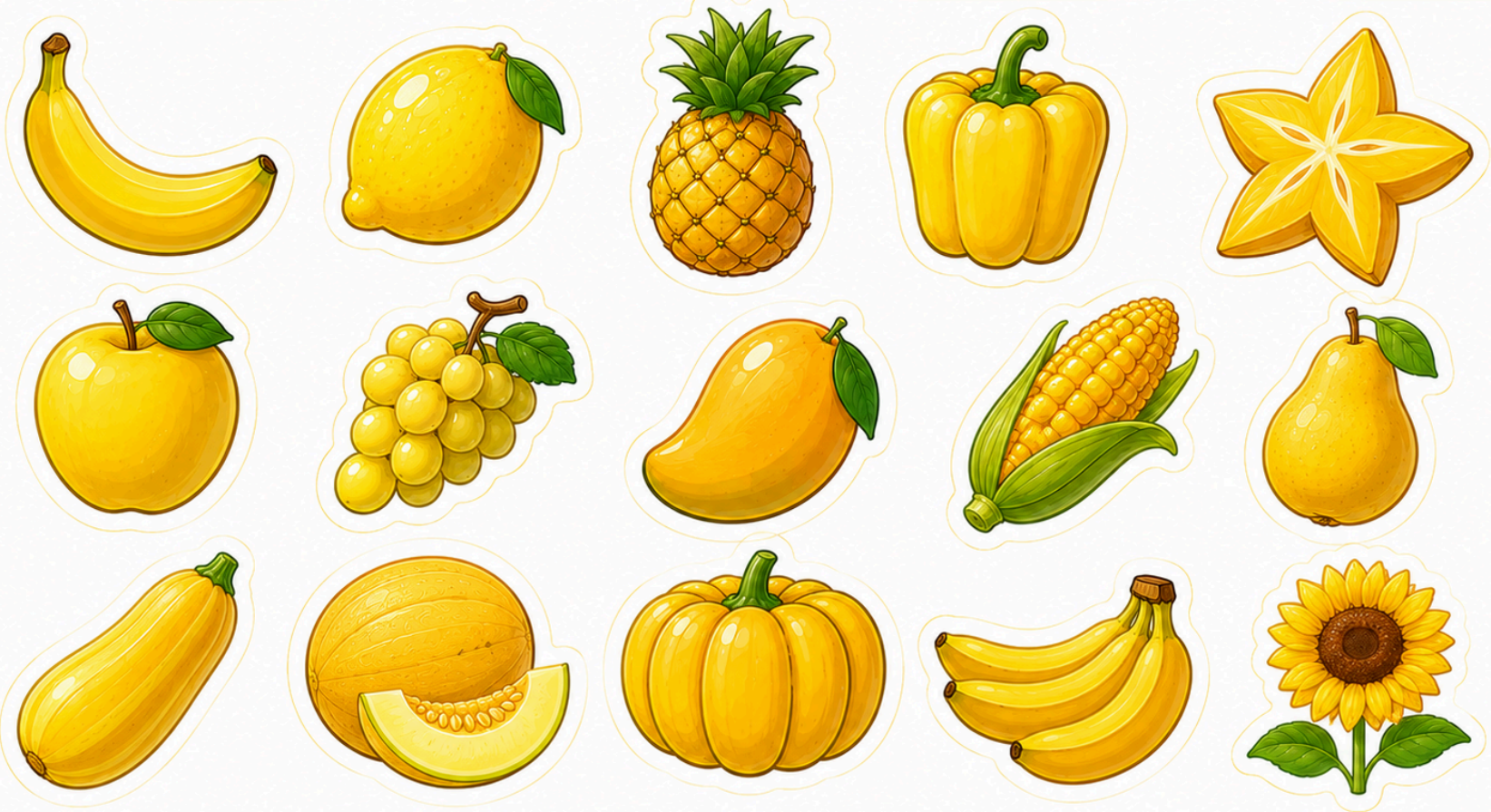


Orange foods help you see well, stay active, and feel your best every day!

Lumi Tales

YELLOW Sticker Sheet

These yellow foods keep you happy and full of sunshine!

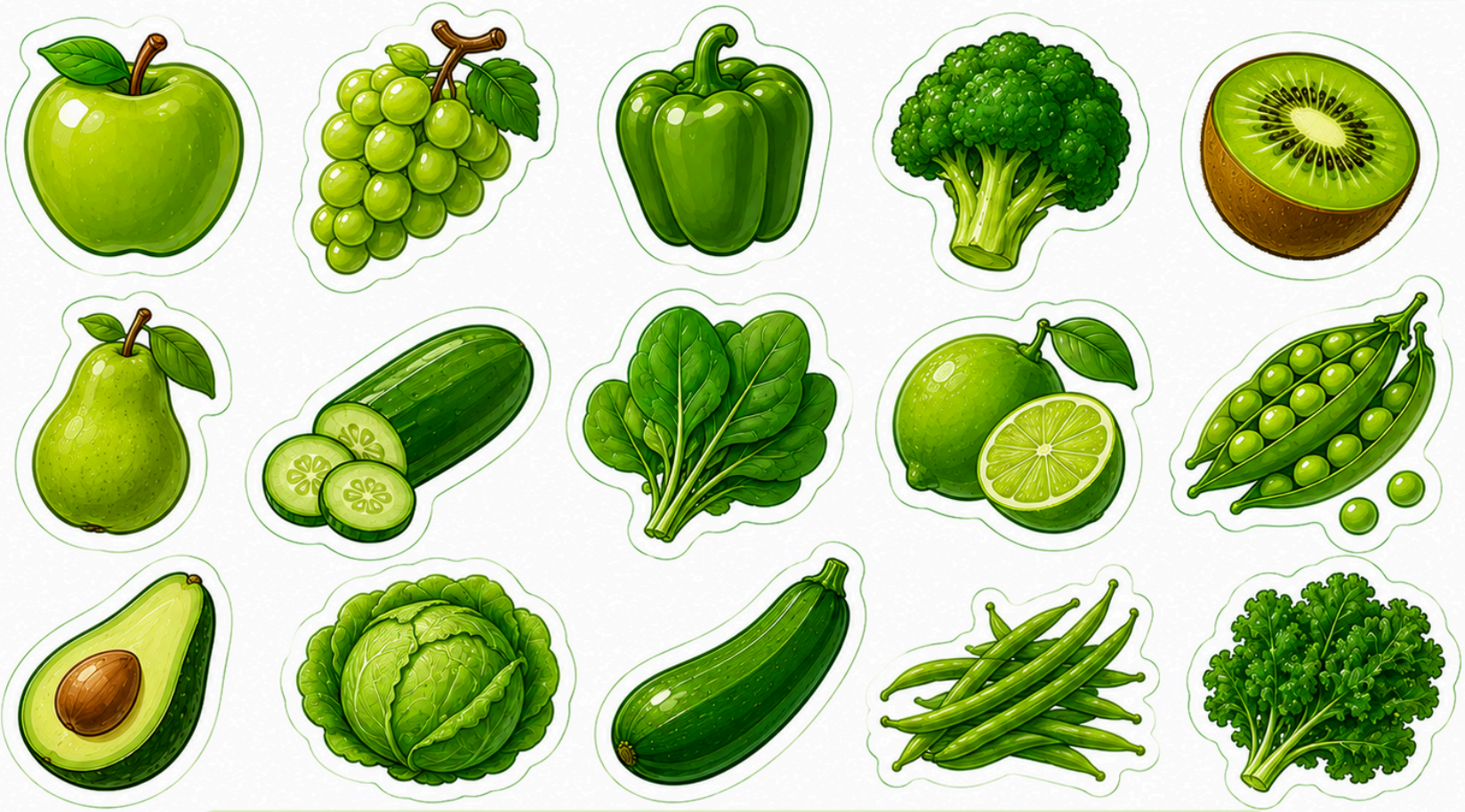


Yellow foods help your body grow, keep bones strong, and brighten your day!

Lumi Tales

GREEN Sticker Sheet

These green foods help your body grow strong and fight germs!



Green foods help you stay healthy, happy, and full of energy every day!

Lumi Tales

BLUE & INDIGO Sticker Sheet

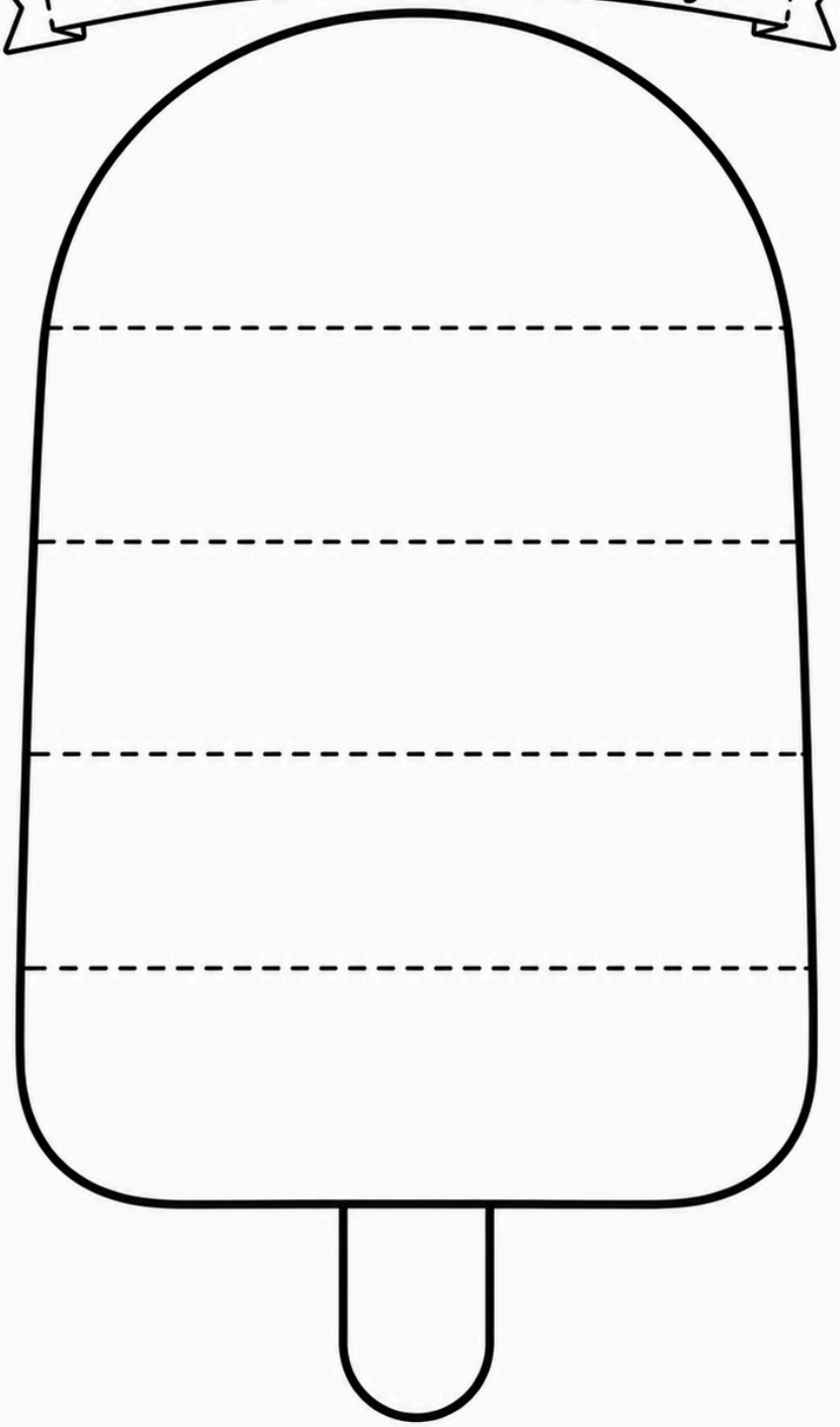
These blue and indigo foods are good for your brain and help you dream big!



Blue and indigo foods help your brain, improve memory, and keep you calm!

RAINBOW EAT

Build a Healthy Ice-lolly!



Copyright and Usage Instructions

© 2026 Organic Animation Studios Pvt. Ltd. All rights reserved.

This bedtime-story collection, including all written content, illustrations, characters, page designs, logos, titles, and downloadable files, is the intellectual property of Organic Animation Studios Pvt. Ltd. and the Lumi Tales brand.

Your License

Your purchase or download grants you a limited, non-exclusive, non-transferable licence to use these files for personal and household purposes.

You may:

- Read the stories on your personal devices.
- Print copies for your own children or members of your household.
- Store a personal backup copy of the files.
- Use the stories during private family reading and bedtime activities.

You May Not

You may not:

- Resell, redistribute, sublicense, or give away these files.
- Upload the PDFs to websites, apps, cloud drives, social media groups, messaging groups, or file-sharing platforms.
- Share the download link or digital files with other households.
- Modify the stories or illustrations and distribute them as new products.
- Remove copyright notices, logos, watermarks, or creator information.
- Use the artwork, characters, stories, or page designs in commercial products.
- Reproduce the files for schools, libraries, learning centres, events, or commercial organisations without written permission.
- Use the content to train artificial intelligence models, create datasets, generate derivative character artwork, or develop competing products.
- Record, publish, stream, or monetise narrated or animated versions of the stories without written permission.

Educational and Commercial Licensing

Teachers, schools, libraries, learning centres, publishers, content platforms, and commercial organisations require a separate licence.

For licensing, partnerships, bulk access, or commercial-use enquiries, please contact Organic Animation Studios Pvt. Ltd. through:

Website: lumitales.co.in

Important Notice

Purchasing or downloading this collection does not transfer ownership of the content. All ownership and intellectual-property rights remain with Organic Animation Studios Pvt. Ltd.

Unauthorised copying, sharing, distribution, modification, publication, or commercial use may result in the suspension of access and appropriate legal action under applicable copyright and intellectual-property laws.

Thank you for supporting original stories, artists, writers, and independent creators.

About Lumi Tales

Little Stories. Big Imaginations.

Lumi Tales is a magical storytelling and learning world created for children aged 3 to 11.

Through gentle bedtime stories, animated adventures, songs, educational activities, printable resources, and interactive games, Lumi Tales helps children explore language, creativity, emotions, curiosity, and imagination.

Our stories are designed to turn everyday reading into a warm and meaningful family experience.

Meet the Story Guardians

The Lumi Tales world is guided by a lovable group of friends:

Lumi is a glowing firefly and the courageous leader of the Story Guardians.

Professor Hoot is a wise owl who protects knowledge, books, and magical portals.

Bobo is a kind-hearted bear whose strength is matched by his gentle nature.

Dreamy is an imaginative panda who brings ideas and dreams to life.

Peri is a lively macaw who loves speed, discovery, and adventure.

Toki is a curious little bat who explores the mysteries hidden in the night.

Together, they travel through magical worlds, solve problems, help others, and remind children that kindness, courage, teamwork, and curiosity can overcome even the greatest challenges.

Our Purpose

Lumi Tales was created to help children:

- Develop a lasting love of stories and reading.
- Strengthen vocabulary, listening, and early-learning skills.
- Explore emotions and positive values through relatable adventures.
- Build creativity through play, art, music, and imagination.
- Enjoy safe, thoughtful, age-appropriate digital content.
- Spend meaningful reading time with parents and caregivers.

Every Lumi Tales experience is created with care for young audiences and their families.

Created by Organic Animation Studios

Lumi Tales is developed by Organic Animation Studios Pvt. Ltd., a creative technology and animation studio working across storytelling, games, animation, interactive learning, and digital experiences.

Our artists, writers, developers, animators, educators, and storytellers work together to create memorable worlds where children can learn, imagine, and grow.

Continue the Adventure

Discover more Lumi Tales stories, activities, printables, music, movies, and magical adventures at:

lumitales.co.in

Thank you for making Lumi Tales part of your child’s story time.

Goodnight, little dreamer. Your next adventure is only a page away.