VEGETABLES COLLECTION

1/12

CARROT



TYPE
Vegetable

COLOR
Orange (inside & out)

TASTE
Sweet & Crunchy

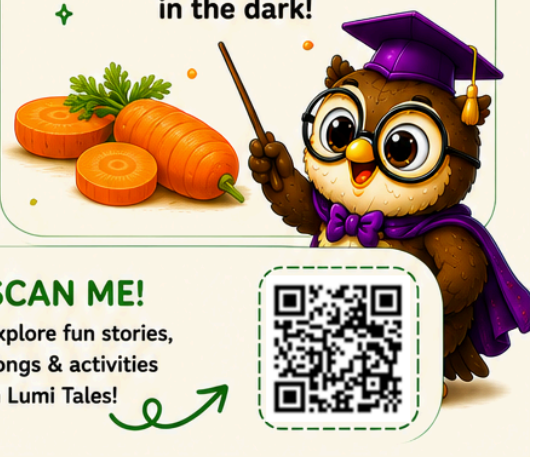
GOOD FOR
Eyes & Immunity

VITAMIN
Vitamin A
Vitamin K

NUTRIENT
Fiber
Beta-Carotene
Potassium

FUN FACT!

Carrots were first grown over 5,000 years ago! They help your eyes see better, especially in the dark!



PARENT CORNER

Ask me:

- What color is a carrot?
- Can you name another orange vegetable?

SCAN ME!
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VEGETABLES COLLECTION

2/12

BROCCOLI



TYPE
Vegetable

COLOR
Green (all over)

TASTE
Mild & Slightly Earthy

GOOD FOR
Bones & Immunity

VITAMIN
Vitamin C
Vitamin K

NUTRIENT
Fiber
Folate
Vitamin C
Potassium

FUN FACT!

Broccoli is part of the cabbage family! It's full of super nutrients that help keep your body strong!



PARENT CORNER

Ask me:

- What color is broccoli?
- Can you think of a dish that has broccoli in it?

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VEGETABLES COLLECTION

3/12

SPINACH



TYPE
Vegetable

COLOR
Green (all over)

TASTE
Mild & Slightly Earthy

GOOD FOR
Iron & Immunity

VITAMIN
Vitamin A
Vitamin C
Vitamin K

NUTRIENT
Iron
Folate
Fiber
Calcium

FUN FACT!

Spinach was Popeye's superpower food! It helps build strong muscles and keeps your blood healthy!



PARENT CORNER

Ask me:

- What color is spinach?
- Can you name another leafy green vegetable?

SCAN ME!
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VEGETABLES COLLECTION

4/12

TOMATO



TYPE
Vegetable

COLOR
Red
(inside & out)

TASTE
Juicy &
Slightly Tangy

GOOD FOR
Heart &
Skin Health

VITAMIN
Vitamin C
Vitamin A
Potassium

NUTRIENT
Lycopene
Fiber
Folate
Potassium

FUN FACT!

Tomatoes are actually fruits, not vegetables! They are berries to be exact!



PARENT CORNER

Ask me:

- What color is a tomato?
- Can you think of a dish that has tomatoes in it?

SCAN ME!
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VEGETABLES COLLECTION

5 / 12

CUCUMBER



TYPE
Vegetable

COLOR
Green (inside & out)

TASTE
Crisp & Refreshingly Mild

GOOD FOR
Hydration & Healthy Skin

VITAMIN
Vitamin K
Vitamin C
Vitamin A

NUTRIENT
Water
Fiber
Potassium
Magnesium

FUN FACT!

Cucumbers are about 95% water! They help keep your body cool, hydrated and happy!



PARENT CORNER

Ask me:

- What color is a cucumber inside and out?
- Can you think of a dish that has cucumber in it?

SCAN ME!
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VEGETABLES COLLECTION

7/12

BELL PEPPER



TYPE
Vegetable

COLOR
Red, Yellow, Green (and more!)

TASTE
Sweet & Crunchy

GOOD FOR
Eyes & Immunity

VITAMIN
Vitamin C
Vitamin A
Vitamin B6

NUTRIENT
Antioxidants
Fiber
Folate
Potassium

FUN FACT!

Bell peppers start out green and change color as they ripen! That's why they come in so many bright colors!



PARENT CORNER

Ask me:

- What colors can you see on bell peppers?
- Can you think of a dish that has bell peppers in it?

SCAN ME!

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VEGETABLES COLLECTION

8 / 12

CORN



FUN FACT!

Corn comes in rows on the cob! Each little kernel is a tiny seed.





TYPE
Vegetable

COLOR
Yellow (kernels)
Green (husk)

TASTE
Sweet & Juicy

GOOD FOR
Energy & Digestion

VITAMIN
Vitamin B1 (Thiamin)
Vitamin C

NUTRIENT
Fiber
Carbohydrates
Antioxidants
Magnesium

PARENT CORNER

- What is the shape of a corn kernel?
- Can you think of another yellow food you like?

SCAN ME!

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VEGETABLES COLLECTION

9 / 12

CAULIFLOWER



TYPE
Vegetable

COLOR
White
(or Cream)

TASTE
Mild &
Slightly Sweet

GOOD FOR
Brain & Heart
Health

VITAMIN
Vitamin C
Vitamin K
Folate

NUTRIENT
Fiber
Antioxidants
Choline
Potassium

FUN FACT!

Cauliflower is actually a flower that we eat before it blooms!



PARENT CORNER

Ask me:

- What color is cauliflower?
- Can you think of another white vegetable?

SCAN ME!

Explore fun stories, songs & activities in Lumi Tales!

VEGETABLES COLLECTION

10 / 12

PUMPKIN



FUN FACT!

Pumpkins are actually fruits and belong to the same family as cucumbers and melons!

TYPE
Vegetable

COLOR
Orange (inside & out)

TASTE
Sweet & Mild

GOOD FOR
Immunity & Eye Health

VITAMIN
Vitamin A
Vitamin C
Vitamin E

NUTRIENT
Fiber
Beta-Carotene
Antioxidants
Potassium

PARENT CORNER



- What color is a pumpkin?
- Can you think of a dish made with pumpkin?

SCAN ME!

Explore fun stories, songs & activities in Lumi Tales!

VEGETABLES COLLECTION

11 / 12

CABBAGE



TYPE
Vegetable

COLOR
Green (inside & out)

TASTE
Mild & Slightly Sweet

GOOD FOR
Digestion & Immunity

VITAMIN
Vitamin C
Vitamin K
Folate

NUTRIENT
Fiber
Antioxidants
Calcium
Potassium

FUN FACT!

Cabbage has been around for more than 4,000 years and was eaten by ancient Greeks and Romans!

PARENT CORNER

- What color is cabbage?
- Can you think of a dish made with cabbage?



SCAN ME!

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VEGETABLES COLLECTION

12 / 12

BEETROOT



TYPE
Vegetable

COLOR
Deep Red / Purple (inside & out)

TASTE
Earthy & Slightly Sweet

GOOD FOR
Blood & Energy Boost

VITAMIN
Vitamin A
Vitamin C
Folate

NUTRIENT
Fiber
Iron
Potassium
Antioxidants

FUN FACT!

Beetroot can make your urine or poop turn red!
It's completely normal and harmless!



PARENT CORNER

Ask me:

- What color is beetroot?
- Can you think of a dish made with beetroot?

SCAN ME!
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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.