

Reindeer Food Recipe

Purpose: Cooking involves measurement and measurement is math. This cooking activity does not involve the use of heat so it is safe for all children. As the children participate in this activity, there is sure to be a lot of excited discussion. This is an excellent way for children to practice taking turns during conversations as they share their ideas with others.

NOTE: Our recipe for reindeer food does not use glitter because it is dangerous for animals to ingest. Instead we use colored sugar. That way, the birds can enjoy the birdseed and oats while the sugar dissolves into the soil.

Ingredients and Equipment:

- Wild birdseed mix
- Oats (quick cooking or old fashioned)
- Red and green colored sugars
- Measuring cup
- Mixing bowl
- Large spoon
- Zipper-top bags
- Print out of the Reindeer Food labels on the next page (1 label per child)
- Clear tape



With this recipe, you will need to adjust the amount of wild birdseed mix and oats you use based on the number of children in your group. Plan on about 1/2-3/4 of a cup of completed Reindeer Food for each child. The amount of sugar you choose to use is totally up to you and the children!

Begin by explaining to the children what Reindeer Food is. Share the poem on the labels (on the next page) and invite the children to share their ideas about whether or not they think the Reindeer Food will work.

Next, have the children help measure the birdseed mix, oats and sugars into a large bowl and mix well. Then, have each child scoop out 1/2 to 3/4 of a cup of Reindeer Food to put in a zipper-top bag. Seal and have each child attach a label with tape to the outside. Send the Reindeer Food home for the children to sprinkle on their lawns on Christmas Eve.

Amazing Reindeer Food

On Christmas Eve, take this reindeer food,
And sprinkle it on the
grass.

When Santa's reindeer
spot this tasty treat,
They will fly to your
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