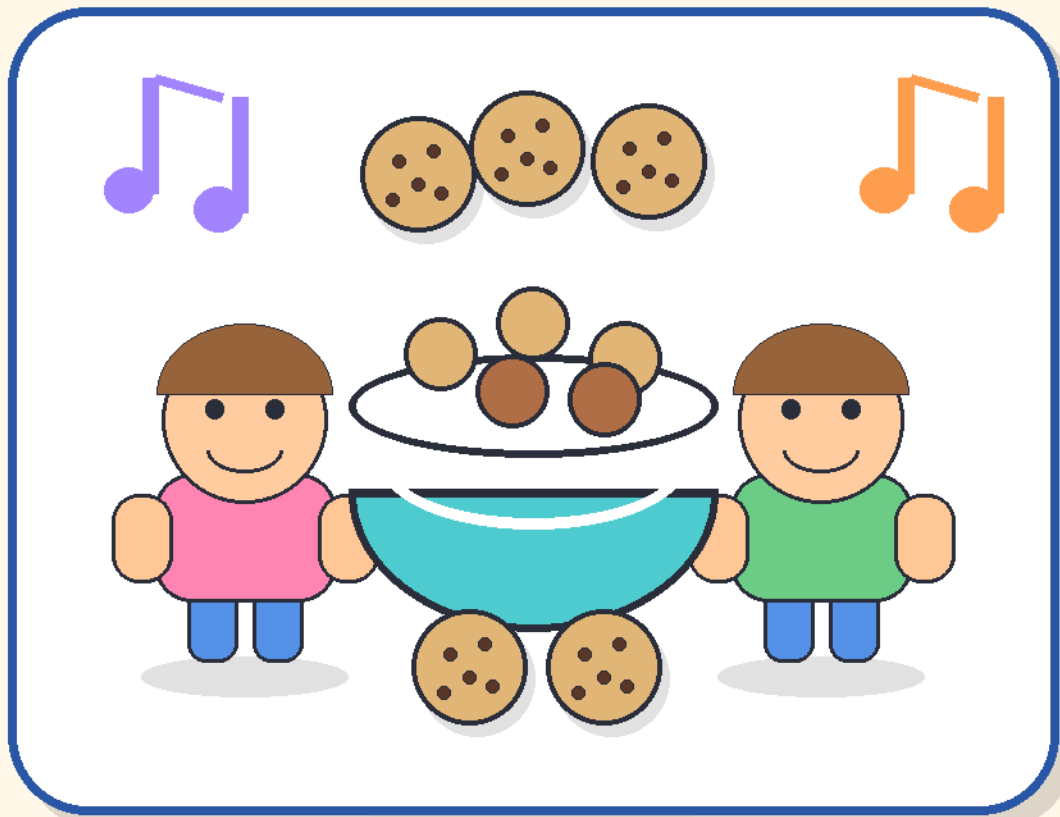


No-Bake Oat Bites Recipe and Song Card

A colourful kitchen activity printable for kids



Mix, sing, count and roll with adult supervision.

How to Use This Pack

Keep it safe, simple and fun



1

Read the safety page first

Check age, allergies, texture and supervision before making food.

2

Prepare ingredients

Adults measure and set up the bowl, spoon and clean work space.

3

Let children help safely

Kids can pour, stir, count and roll small soft bites with help.

4

Sing the cooking song

Use music to make the steps feel playful and easy to follow.

Important: This is a parent-supervised food activity. Adapt ingredients and texture to your child.

Recipe Card

No-bake oat bites for kids

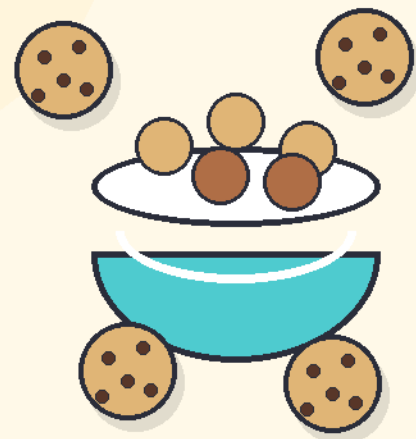


Time and servings

Prep: 15 minutes Chill: 30 minutes Makes: about 20 small bites, depending on size.

Ingredients

- ☐ 1 cup rolled oats
- ☐ 1/2 cup smooth peanut butter or seed butter
- ☐ 1/3 cup maple syrup or honey for children over 1
- ☐ 1/4 cup ground flaxseed, optional
- ☐ 1/4 cup mini chocolate chips, optional
- ☐ 1 tsp vanilla extract
- ☐ Small pinch of salt, optional



Safety: No honey for children under 1. Check allergies and choking risk before serving.

Cooking Song Lyrics

Sing while you scoop, stir and roll



**Scoop, scoop, stir it round,
Roll, roll, gently down.**

Tiny bites, soft and sweet,

Kitchen helpers, time to eat.

Count, count, one, two, three,

Safe and careful, you and me.

Wash our hands and take our seat,

Now our snack is fun to eat.

Song tip: Repeat the first two lines while stirring.
Repeat the next two lines while rolling. Keep it playful
and slow.

Ingredient Checklist

Tick before you begin



Food items

- ☐ Rolled oats
- ☐ Smooth spread
- ☐ Maple syrup or honey if over 1
- ☐ Ground flaxseed if using
- ☐ Mini chocolate chips if using

Kitchen items

- ☐ Vanilla extract
- ☐ Small bowl
- ☐ Mixing spoon
- ☐ Tray or plate
- ☐ Airtight container

My safe swap

If an ingredient is not suitable for your child, write your safer family swap here:

Parent reminder: Use only ingredients your child already tolerates. Ask a professional if unsure.

Kitchen Safety Reminder

Adult supervision every time



★ Wash hands first

Clean hands, clean surfaces and clean equipment.

★ Adult blends and prepares

Keep children away from sharp tools and plugs.

★ Check allergies

Use ingredients your child already tolerates.

★ No honey under 1

Honey is not suitable for babies under 1 year.

★ Serve seated

Children should sit while eating and be supervised.

★ Adapt texture

Keep bites small, soft and suitable for your child.

Avoid whole nuts, chopped nuts, large seeds, hard dried fruit, popcorn, pretzels, marshmallows and large chocolate pieces for young children.

Scoop and Roll Counting

Count each finished bite



Draw or tick one oat bite each time you roll one.

 1	 2	 3	 4	 5
 6	 7	 8	 9	 10
 11	 12	 13	 14	 15
 16	 17	 18	 19	 20

Counting idea: Count slowly together. Stop when the tray is full or when your child is ready for a break.

My Taste Test Page

Explore without pressure



I tried it by:

- | | |
|--|-----------------------------------|
| ☐ Looking | ☐ Smelling |
| ☐ Touching | ☐ Licking |
| ☐ Taking a bite | |

My words about it:

- | | | |
|----------------------------------|---------------------------------|--------------------------------|
| ☐ Soft | ☐ Sticky | ☐ Sweet |
| ☐ Crunchy | ☐ New | ☐ Yummy |

Parent note: A child does not have to finish it. Small, calm tasting steps still count.

Little Kitchen Helper

Certificate



This certificate is awarded to

for helping scoop, stir, count,
roll and sing safely in the kitchen.

Oat Bite Helper Star

Date

Signed

