

Let's talk about **MATH** while



#### **COUNT INGREDIENTS ONE BY ONE.**

- ▲ Start with a small number (three or four) and ask children to count the number of pieces of food, using a finger to point to each piece.
- ▲ Help them to keep track by moving the already counted pieces into a new pile.



#### **COUNT THE TOTAL NUMBER OF INGREDIENTS.**

- ▲ Ask children to count two, three, or four pieces of food and then say how many pieces there are all together.
- ▲ After they finish counting, ask, "how many do we have in all?"



#### **GUESS WHICH PILE HAS MORE INGREDIENTS.**

- ▲ Create two small piles of food and ask children which one has more in it.
- ▲ Then have them count the number of pieces in each pile to see if they are correct. (TIP: Some children find it more challenging to guess which pile has fewer pieces than estimating which has more.)



#### **ADD OR TAKE AWAY INGREDIENTS.**

- ▲ After young children are able to correctly count the total number of pieces, they can be asked to do simple addition and subtraction.
- ▲ Add a piece of food to the pile and ask, "Now how many do we have?"
- ▲ Or take one piece away and ask, "How many do we have left?"

#### **EXTRA CHALLENGE...**

- ▲ A matching game! Make a recipe together that has "toppings." You add toppings and then ask your child to put the same number of toppings on the next area. Example: You're making pizza and you add two pepperoni and five black olives, then ask your child to do the same, helping them to figure out what they need with numbers.