



Foodtastic Counting

Math in Your Meal!

Beginner: During meals, count food items and move them across the plate as you count.

[Tip]: Count carrots, blueberries, or pieces of cheese. Ask “how many are there?”

Intermediate: When sharing snacks, pass out pieces one at a time.

[Tip]: Talk about what happens if there is not enough for everyone to have the same amount.

Experienced: Organize snacks into groups of the same size, then try skip-counting.

[Tip]: Make groups of 2, 3 or 5, then count by twos, threes or fives. Ask “how many are there?”

Why is this important? Counting out loud helps children understand the connection between number names and visual representations of those numbers.

Looking for more information? Check out our [100 chart](#) for a visual reference to this activity!

References: Sornson, R., & Association for Supervision and Curriculum Development. (2001). Preventing early learning failure. Association for Supervision and Curriculum Development. <https://ebookcentral-proquest-com.uwinnipeg.idm.oclc.org/lib/uwinnipeg/reader.action?docID=3002065>.

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