



## 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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