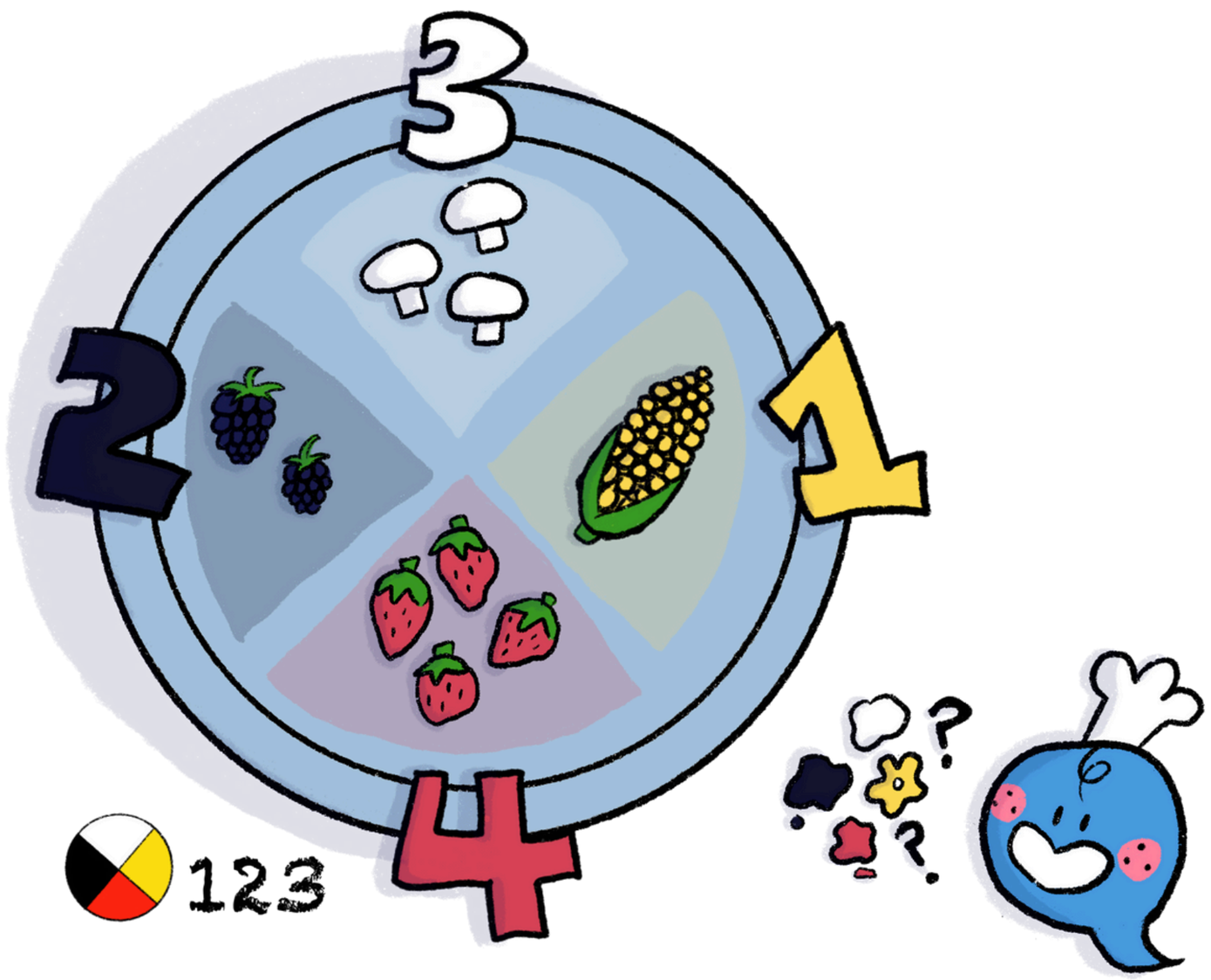

Eating by Numbers

Mealtime Counting

Beginner: Count the different foods on your plate.

[Tip]: Say “I have mashed potatoes, beans, and chicken. I have 3 different foods.”

Intermediate: Estimate (guess) how many pieces there are of a food, then count if you can.

[Tip]: Say “I think that I have 40 beans on my plate. I count 35 beans!”

Experienced: Estimate who has more of a certain food and by how many. Then, count if you can.

[Tip]: Say “I think that I have 2 more spoonfuls of mashed potatoes than you.”

Why is this important? Counting, estimating and noticing differences are basic number sense skills.

References: Witzel, B. S., Riccomini, P. J., & Herlong, M. L. (2013). Introduction to the characteristics of number sense. In Building number sense through the common core (pp. 1-10). Corwin Press, https://www-doi-org.uwinnipeg.idm.oclc.org/10.4135/9781506335827.n1