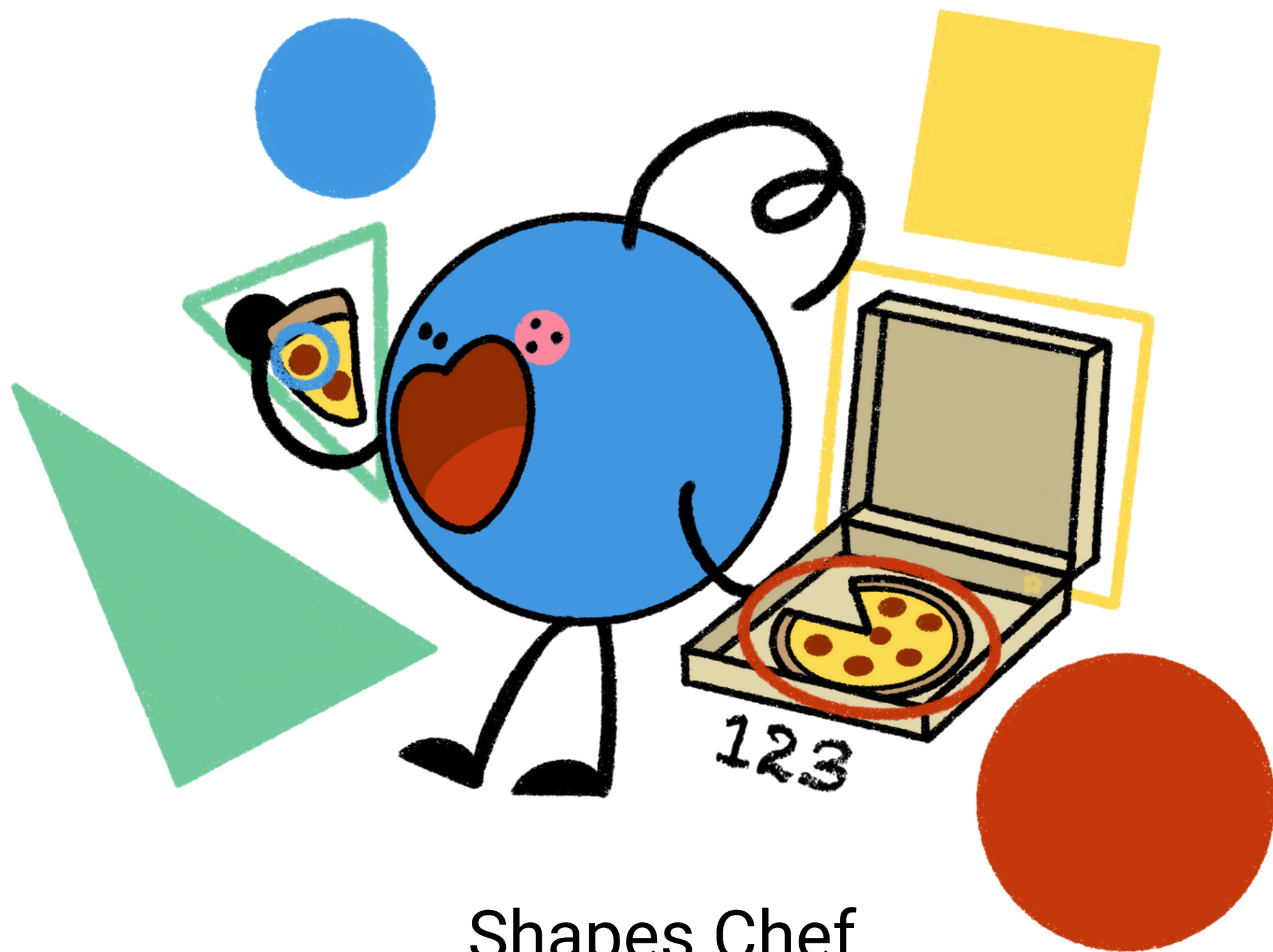




Shapes Chef

Shapes in Food

Beginner: Point out shapes in the foods you eat.

[Tip]: Say “On this pizza, the pepperoni are shaped like circles, the ham pieces are shaped like rectangles, the pizza slice is a triangle, and the whole pizza is a big circle!”

Intermediate: Make your favourite meal out of paper shapes. Use different colours and sizes for your shapes.

[Tip]: If your favourite meal is a burger and fries, make the patty and buns out of paper circles, the lettuce and cheese from squares, the tomatoes from smaller circles, and so on. Make the fries out of long rectangles.

Experienced: Make as many distinct “meals” as possible using paper shapes. Use different colours and sizes for your shapes.

[Tip]: Try making a pizza, a burger and fries, a salad, then a platter of sushi!

Why is this important? Working with shapes in a creative way helps children gain spatial skills.

References: Sarama, J., & Clements, D. H. (2006). Introducing geometry to young children. *Scholastic Early Childhood Today*, 20(7), 12-13. <https://uwinipeg.idm.oclc.org/login?url=https://www-proquest-com.uwinipeg.idm.oclc.org/trade-journals/introducing-geometry-young-children/docview/217920253/se-2?accountid=15067>