



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.

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.

Why is this important? Verbally organizing quantities as groups in different ways (such as ones, twos, threes, fives, or remainders) helps children understand place values, which are important in math as they are used to compute larger numbers.

References:

VandeWalle, J. A. (2011). Elementary and Middle School Mathematics: Teaching Developmentally. Pearson Canada. (p. 191)
 Koponen, T., Aunola, K., & Nurmi, J. (2019). Verbal counting skill predicts later math performance and difficulties in middle school. *Contemporary Educational Psychology*, 59. <http://dx.doi.org/10.1016/j.cedpsych.2019.101803>