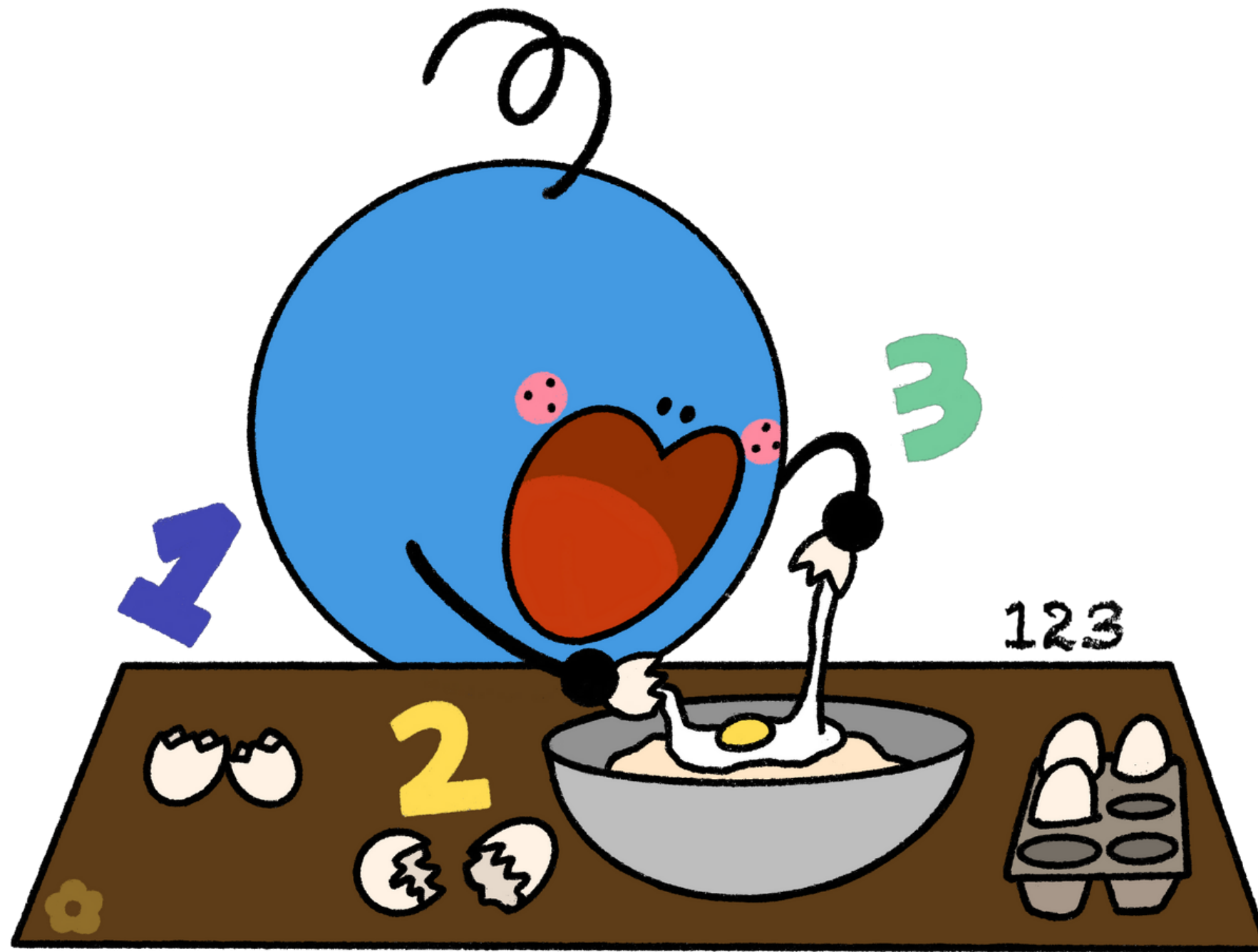




Counting Cooks

Description Let's Make a Dish!

Beginner: While cooking or baking, say the ingredients out loud as you measure.

[Tip]: “We need three apples. Let’s count. 1, 2, and 3.”

Intermediate: While cooking or baking, have your child count and measure the amount of each ingredient.

[Tip]: Measure milk, sugar, and salt using cups, teaspoons, and tablespoons.

Experienced: Read a recipe, discuss the abbreviations, and have your child determine which measuring tools are needed for each ingredient.

[Tip]: “We need $\frac{3}{4}$ tsp of salt in total, so how many $\frac{1}{4}$ teaspoons will we need to count?”

Why is this important? Young children better understand numbers when they are able to see, feel, and associate objects or experiences with them.

References: VandeWalle, J. A. (2011). Elementary and Middle School Mathematics: Teaching Developmentally. Pearson Canada. (p. 138)

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>