

Talk About Math While Cooking with Young Children

1 Count ingredients one by one.

- Start with a small number (three or four) and ask children to count the number of pieces of food, using a finger to point to each piece.
- Help them to keep track by moving the already counted pieces into a new pile.

2 Count the total number of ingredients.

- Ask children to count two, three, or four pieces of food and then say how many pieces there are all together.
- After they finish counting, ask, “How many do we have in all?”

3 Guess which pile has more ingredients.

- Create two small piles of food and ask children which one has more in it.
- Then have them count the number of pieces in each pile to see if they are correct.

4 Add or take away ingredients.

- After young children are able to correctly count the total number of pieces, they can be asked to do simple addition and subtraction.
- Add a piece of food to the pile and ask, “Now how many do we have?”
- Or take one piece away and ask, “How many do we have left?”

