**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?”