

## Snack Time—Number Sense and Counting

### Activities for Families

- Ask your child how many of each item (such as crackers, cookies, apple slices, banana, raisins, etc.) is on her plate and count out the items together.
- Engage your child in making decisions during snack time about the quantity of food your child would like to eat such as, Ask, “How many grapes would you like, 5 or 8?” When your child responds, place an amount of grapes on her plate and ask, “Did I give you the right amount?”
- Challenge your child to think about “how many” are in a group. For example, “See how many slices you can cut from the banana?” “How many cheerios can you scoop onto your spoon?”
- Create opportunities for your child to problem solve. For example, place three pretzels on one napkin and two pretzels on two napkins. Ask your child, “How many more pretzels are needed so that there is the same number of pretzels on each napkin?”
- Plan a teddy bear tea party with your child. Decide with your child how many teddy bears to invite to the party. Discuss how many chairs, napkins, plates, cups, etc. your child will need for the invited bears.
- Read books that have snack or mealtime themes with your child. Count and discuss the quantities of items that are represented in the book. For example, books with vivid illustrations include, “Goldilocks and the Three Bears,” “The Very Hungry Caterpillar,” “The Doorbell Rings,” and “Miss Spider’s Tea Party: The Counting Book.”