

## Math Munching

- Use meal/snack time as a time to teach math
  - **Fractions**
    - Cut an apple, Sandwich or other food in half show how a "whole" apple became two "halves". Cut the apple into four slices now we have "fourths"
      - They may not understand the concept of fractions but introducing these words and concepts will help them when they get into fractions in school
  - **Addition**
    - Take 3 \_\_\_\_\_ (crackers, carrots, slices of fruit etc). Now take 2 \_\_\_\_\_ (crackers, carrots, slices of fruit etc)
  - **Subtraction**
    - How many carrots are on your plate (example: 5) what will happen if you eat one? How many do you have now? (example: 4) so 5 take away 1=4
  - **Patterns**
    - You are having pretzels and apples for snack create a pattern...pretzel, apple, pretzel, apple, show the pattern to your child then ask what comes next.