

STEM starts now

Meal Time Math

Recommended Age: 42-47 Months

STEM concepts: Science (physical science), Technology (simple tools), Engineering (engineering), Math (number sense and operation, measurement and mathematical reasoning)

Materials: any meal, measuring cups, knife

What to do: This activities requires a lot of your child's involvement in preparing their own plate for lunch or dinner. Using measuring cups to show different size measurements or portions of food. This activity requires a lot of talking as meal time goes on. Pointing out that one apple slice eaten leaves 3 apple slices left on the plate.

Language and Communication: As you plate lunch say, "This is half a cup of mac and cheese. Two of these makes a full cup." Show this by filling the 1 cup measuring cup with two half cups of mac and cheese. Talk about how many apples you have by adding one at a time. Say things like "3 plus 1 is 4 apples." Or as they eat them, say "If you eat 1 of your 4 apples how many apples are left."

Expand the Activity: Add property words to your conversation. Big, small, fat, skinny, little, large. Discuss how some foods take up large parts of the plate. Add conversation about textures and shapes of the food. Who said you "can't play with food?"

