



Family Literacy Week
January 22 – 29, 2023

Make it Count! Play • Sort • Measure

Preschoolers

Kitchen Math!

The kitchen is a fun place for early learning! Counting, measuring and following a recipe are ways to develop early math skills.

Fruit Salad Fun!

What you need:

- 1 orange, peeled and cut into bite-sized pieces
- ½ red apple, cut into bite-sized pieces
- 5 seedless grapes, cut in half
- any other fruits you enjoy
- 2 cups strawberry yogurt

What you do:

1. Wash and cut the fruit.
2. Mix the fruit in a bowl.
3. Measure the yogurt. Pour it on top of the fruit.
4. Stir to mix all the ingredients.

Talk about the order of the steps. “What do we do first? What do we do second? What do we do next?”



“Counting, addition, subtraction, pattern, shape, time, fractions, unit conversions – cooking teaches so many of the math essentials your kids will be covering in school.”

– Kidskonnnect.com

Other ways to have fun with math in the kitchen:

- Go grocery shopping. Ask, “How much does this cost? Which is longer, a carrot or a cucumber? How many peppers are in this bag? What shape is this grapefruit?”
- Talk about fractions when you cut a pizza. “We’ll cut the pizza into sixths.”
- Make estimates when you measure. “This looks like one cup of pasta.”
- Learn about temperature and time when you bake something in the oven. “We will bake this for 45 minutes at 350°F.”