

## Family Fun with Math: Trail mix count and munch

Math learning can happen anytime! Here are a few ideas to help your children see the math all around them.

### Why numbers and math?

Learning about numbers and math can be fun and can happen without your child even realizing it! Your child can participate in a hands on experience, counting and measuring with you.

Because this experience focuses on yummy snacks, it can be an easy motivator to get your child into the kitchen and counting with you!

### Try it Out: Counting and measuring ingredients

- To complete this activity, you will need 4-5 of your favorite snack ingredients that will make a good trail mix
- You will also need a spoon or a table spoon measurement and a bowl
- Once you are ready, you can ask your child to put different amounts of each ingredient i.e. "can you pour 4 table spoons of raisins into the bowl?"
- Explain "a table spoon is one measurement of the ingredient, so we will do one scoop to measure a table spoon"
- Try differing the amount of tablespoons for each ingredient

### Talk about It:

- Here are some questions to ask your child:
  - Which ingredient had the most table spoons?
  - Which ingredient had the fewest table spoons?
  - If we added two more table spoons of \_\_ingredient 1\_\_\_\_, would there be more of \_\_ingredient 1\_\_\_\_ or \_\_\_\_ingredient 2\_\_ in the bowl?
  - You put two table spoons of chocolate chips into the bowl. How many chocolate chips do you think there are in total?
- After you are done with the activity, you can brainstorm what you would like to put in your next batch of trail mix. Ask your child about their favorite foods. See if they will tell you how many table spoons of their favorite ingredient they would like to add next time.
- Play "counting chocolate chips" (or another snack your child likes): While in the kitchen, you can take turns counting your chocolate chips before you eat them. You can model for your child "I'm going to take out 4 chocolate chips and touch one before I eat it. One, two, three, four".

### Make it Work for Your Child:

- Your child can use their fingers to show you a number or count along
- Print out pictures of numbers and point to each one while you say it aloud (i.e. "we're going to put 4 table spoons of cheerios. Look, this is the number four!")

### Make it Work for Your Family:

- Younger siblings can participate by indicating if they want “more” or “less” of a certain ingredient. Older siblings can participate by being encouraged to count the total amount of tablespoons that have been added to the bowl