



Snack Math

Snack or Meals is a great time to talk math! While having a snack or a meal, you can:

- ◆ Count the number of crackers and raisins on the plate.
- ◆ Compare to see if there are more or fewer crackers than raisins.
- ◆ Practice adding and subtracting: “If I have 5 crackers and I eat 1 of my crackers, how many crackers do I have left? Let’s count to find out.”

Prompt Children to Add & Subtract Using Objects

Ask children add and subtract snack items:
“Let’s sort our trail mix into different groups (e.g., pretzels, cereal, raisins). How many pretzels do you have? If I give you 2 more pretzels, how many will you have altogether?”

Ask children to compare amounts: “Do you have more or less crackers than I do? Let’s count to find out.”