

# Talk About Math While Cooking with Young Children

## 1 Count ingredients one by one.

- Start with a small number (three or four) and ask children to count the number of pieces of food, using a finger to point to each piece.
- Help them to keep track by moving the already counted pieces into a new pile.

## 2 Count the total number of ingredients.

- Ask children to count two, three, or four pieces of food and then say how many pieces there are all together.
- After they finish counting, ask, “How many do we have in all?”

## 3 Guess which pile has more ingredients.

- Create two small piles of food and ask children which one has more in it.
- Then have them count the number of pieces in each pile to see if they are correct.

## 4 Add or take away ingredients.

- After young children are able to correctly count the total number of pieces, they can be asked to do simple addition and subtraction.
- Add a piece of food to the pile and ask, “Now how many do we have?”
- Or take one piece away and ask, “How many do we have left?”



# Pancakes

## Ingredients

- 1 cup all-purpose flour.
- 2 tablespoons white sugar.
- 2 teaspoons baking powder.
- 1 teaspoon salt.
- 1 egg.
- 1 cup milk.
- 2 tablespoons vegetable oil for batter.
- Cooking spray or oil for griddle or frying pan.
- Mix-ins of your choice (about 1 cup total): blueberries, chocolate chips, sliced bananas, or other favorites.

## Materials

- 1-cup measuring cup.
- $\frac{1}{4}$ -cup measuring cup.
- 1 griddle or frying pan.

## Directions

1. If you are using berries as one of your mix-ins, wash them in the sink.
2. Beat the egg with a fork in a small bowl.
3. In a large bowl, mix together flour, sugar, baking powder, and salt.
4. Pour in the milk, egg, and oil. Mix until smooth.
5. Add the mix-ins to the bowl and stir gently until they are evenly distributed.
6. Lightly oil the griddle or frying pan using cooking spray or oil. Heat over medium high heat.
7. Pour or scoop the batter onto the pan, using about  $\frac{1}{4}$ -cup for each pancake.
8. Allow pancakes to cook on one side until air bubbles start to form around the edges.
9. Flip pancake using spatula. Cook until second side is golden brown.



## Math Tips

- ★ Before you begin ask your child to count how many ingredients are on the counter.
- ★ Ask your child to make small groups of mix-ins: “Count out **six** blueberries.”
- ★ After your child counts, ask, “How many chocolate chips are there in all?”
- ★ Practice subtraction: “If we take away **one** chocolate chip and eat it, how many are left?”
- ★ **Extra Challenge:** Play a guessing game! Once the pancakes are all on a plate, have your child guess how many you made. Count them together to see if their guess was correct.

Adapted from:  
[http://allrecipes.com/  
recipe/45396/easy-pancakes/](http://allrecipes.com/recipe/45396/easy-pancakes/)

# Personal Pizzas

## Ingredients

- Enough English muffins or sub rolls for your family.
- Pizza or spaghetti sauce.
- Shredded mozzarella cheese.
- Your favorite pizza toppings, such as pepperoni, black olives, Canadian bacon, canned pineapple, bell pepper, and/or mushrooms.

## Materials

- Baking sheet.
- Spoon.
- Butter knife.

## Directions

1. Preheat oven or toaster oven to **375° F**.
2. Use butter knife to cut **English muffin** (or sub rolls) in half and place the muffins cut side up on a baking sheet.
3. Spread **two** spoonfuls of **pizza or spaghetti sauce** onto each of the muffins.
4. Top each muffin with cheese and your favorite **pizza toppings**.
5. Bake for **10** minutes in preheated oven or until the cheese is melted and browned on the edge.



## Math Tips

- ★ “How many English muffins do we need so everyone in our family can have **one**?”
- ★ Have your child count as they add **two** spoonfuls of sauce to each of the muffins.
- ★ “How many pieces of pepperoni are on this pizza? If we add **one** more pepperoni, how many will we have?”
- ★ Ask your child to point at each object as they count.
- ★ **Extra Challenge:** A matching game! Add toppings to one of the muffins and then ask your child to put the same number of toppings on a different muffin. For example, maybe you added **two** pepperonis and **five** black olives to one muffin. Support your child in putting the same number of pepperonis and black olives on a different muffin.

Adapted from:  
<http://allrecipes.com/recipe/86649/fast-english-muffin-pizzas/>

# Cheesy Enchiladas

## Ingredients

- Cooking spray or butter.
- **1** small onion.
- **2** cups pre-cooked chicken, steak, or other preferred protein.
- **3** cups shredded cheddar cheese.
- **1** cup sour cream.
- **8** eight-inch flour tortillas.
- **2** large tomatoes.
- Can or jar of enchilada sauce.

## Materials

- **9** x **13**-inch baking dish.
- Medium saucepan.
- Medium bowl.
- Cutting board.
- Sharp knife.
- Spoon.
- **1**-cup measuring cup.
- $\frac{1}{4}$ -cup measuring cup.

## Directions

1. Preheat oven to **350** ° F.
2. Lightly grease a **9** x **13**-inch baking dish with cooking spray or butter.
3. Cut onion and tomatoes into small pieces.
4. In a medium bowl, mix together the chicken or steak, onion, **one** cup of cheddar cheese, and  $\frac{3}{4}$ -cup of sour cream.
5. Spoon the mixture evenly into **eight** tortillas. Roll the tortillas and place seam side down in a single layer in the baking dish. Set aside.



6. In a saucepan over low heat, melt together **two** cups of cheddar cheese,  $\frac{1}{4}$ -cup of sour cream, and the enchilada sauce. Stir until well combined.
7. Pour mixture over the rolled tortillas.
8. Sprinkle the tomatoes on top.
9. Bake in oven for **20** to **30** minutes, or until hot and bubbly.

## Math Tips

- ★ “Count out **one** piece of tomato. Now, count out **two** more pieces of tomato. How many do you have all together?”
- ★ Have your child count out **eight** tortillas from the package. After your child counts, ask, “How many tortillas are we using?”
- ★ “How many spoonfuls of filling do you need to fill each tortilla?” Count to find out!
- ★ Count each tomato piece as you place them on top of the enchiladas.
- ★ **Extra Challenge:** Practice subtraction! “If we are using **three** cups of cheese and we mix **one** cup of cheese into the bowl, how many cups will we have left?”

Adapted from:  
<https://www.allrecipes.com/recipe/15604/mild-cheesy-chicken-enchiladas/>

# Fruit Smoothie

## Ingredients

- 1 cup cranberry juice.
- 1 cup milk or non-dairy milk alternatives.
- 1 cup frozen blueberries.
- 1 cup frozen strawberries.
- 2 tablespoons honey.

## Materials

- Blender.
- 1-cup measuring cup.

## Directions

1. Mix all ingredients into the blender for **one** minute at high speed until smooth and frothy. Add more juice for a thinner consistency and use less juice for a thicker consistency.
2. Spoon or pour into individual serving cups.



## Math Tips

- ★ When counting, it helps your child to point to the objects as they say the numbers!
- ★ Count the blueberries or strawberries **one** by **one** when adding them to the measuring cup.
- ★ After your child counts, ask, “How many are there in all?”
- ★ “Do you need more blueberries or more strawberries to fill a **1**-cup measuring cup?”
- ★ **Extra Challenge:** Practice addition! Make a pile of **two** blueberries and a pile of **three** blueberries. Ask your child, “How many blueberries are there all together?”

Adapted from:  
<http://www.gaiam.com/blogs/discover/5-delicious-healthy-and-easy-to-make-dairy-free-smoothie-recipes>