



Connections to Food and Eating

LESSON PLAN FOR EDUCATORS

Math and Literacy Activity Ideas

Connections to Food and Eating

– Math and Literacy Activity Ideas

HOW TO USE THIS ACTIVITY PACKAGE:

Nüton wants to help teachers and educators use the power of food to make meaningful connections to math and literacy for their kids.

Exploring food and cooking is not only a good activity for home, but it's also a great opportunity to teach kids about science, literacy, math...and so much more!

This 3-part package includes math- and literacy-based activity ideas using food and eating experiences.

YOU WILL FIND:

- Activity ideas using food for math and literacy connections (early to middle years, inspired by Brite Bites)
- Sample recipe activity
- Conversation starters

As educators, you are the expert in age appropriate concepts for math and literacy. Please pick and choose activities that would be accessible to your students and families.

Share this with any parents or caregivers who would find it helpful!

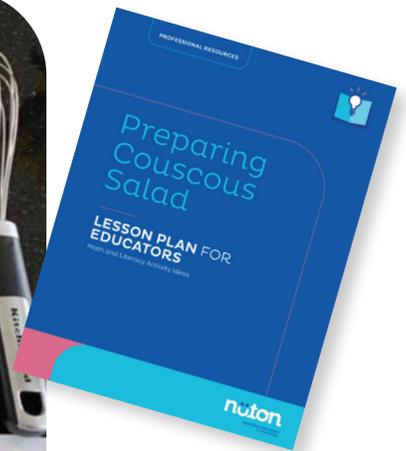
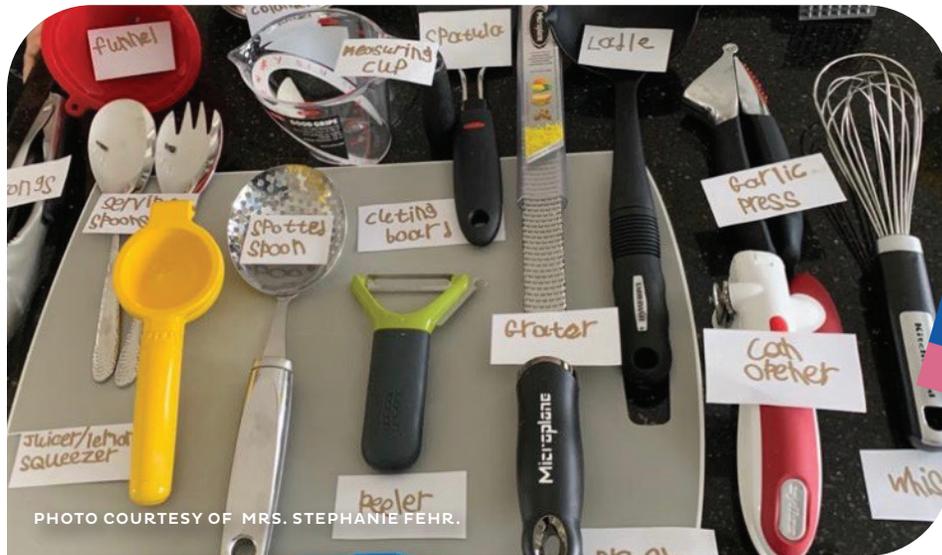
– The Nüton Team



READING RECIPES

1. Use our Couscous Salad recipe as a sample recipe to complete some of the below activities.

- Name ingredients, kitchen equipment/utensils in a family favourite recipe, and gather what is needed. Have students find kitchen equipment needed to make their recipe and label each utensil. Take a picture.
- Name and describe food preparation skills (e.g. stirring, measuring).



2. Have students pick a family favourite recipe to read.

- Name and describe food preparation skills (e.g. stirring, measuring).
- Follow or give instructions to prepare food, set the table, etc.
- Participate in mealtime conversations.

3. Use Mealtime Conversation Starters as examples or create your own help to get a real, meaningful and engaging discussion going at your next meal!



WRITING – RECIPES AND STORIES

- Practice writing sentences about food using all the senses.
- Journal by writing or drawing about favourite family mealtime traditions.
- Create a classroom cookbook using recipes from different cultures or families.
- Create a word cloud (either online or using a poster or white board) about food and eating. The options are endless! Some ideas for word clouds: Foods with seeds, Favourite place to eat, Crunchy foods...
- Have students write and recite poetry related to their favourite foods.
- Create personalized cereal boxes using recycled goods and craft supplies.

SUGGESTED FOR MIDDLE YEAR STUDENTS:

- Have students create and write recipes of their own and present to the class.
- Plan and write a menu – use a fancy template and pretend you are the owner of a restaurant.
- Write a grocery list.

MEDIA LITERACY

SUGGESTED FOR MIDDLE YEAR STUDENTS:

- Create a series of video stills or photographs representing what mealtime means to you (NOTE to teacher: We want to avoid asking what 'healthy' eating means to kids as this may set a stage for judgment.)



NUMERACY ACTIVITIES

NUMBER SENSE AND NUMERATION

- Count ingredients (e.g. number of apples, potatoes, etc.)
- Using measuring cups and spoons to understand volume and fractions.
- Multiply ingredient lists to make double or triple batches.
- Divide ingredient lists to make smaller batches.
- Set oven temperature and use a thermometer for food safety.
- Use a variety of foods to do activities related to estimating and counting objects, and simple problem solving (If you ate 7 grapes and I ate 12 grapes, I can say that I ate 5 more grapes than you did, or you ate 5 fewer grapes than I did." I can share 12 carrot sticks equally among 4 friends by giving each person 3 carrot sticks.")

SUGGESTED FOR MIDDLE YEAR STUDENTS:

- Use food labels
- Use grocery store flyers or the Flipp app for real life examples of costing and problem solving (price out different sizes of bags of apples/potatoes, boxes of cereal, etc.; At Andrew's Deli, cheese is on sale for \$11.50 for one kilogram. How much would it cost to purchase 150 g of cheese?; the number of servings and the quantities in a recipe, the amount of couscous in one package and the number of servings if you cook half of the box.)
- Use grocery store flyers to do simple problem solving and develop financial skills through budgeting.
- Have the class prepare a recipe and do calculations to modify the recipe based on class size and suggested servings.

MEASURING

- Measure student height using potatoes or other food items.
- Estimate then measure the length of different kinds of foods you have in the house (ie: potato, apple, banana, dry pasta, etc.)



DATA MANAGEMENT AND PROBABILITY

- Sort a selection of crackers based on shape, size and colour.
- Practice fractions using apples, watermelon, pitas or bagels.
- Collect and organize data about the favourite fruit (grain, veggie, dairy, meat, candy) that students in your class like to eat.

