

Friendship Fruit Salad

Primary Objectives

20b. Quantifies

Why It's Important

Grocery shopping, counting fruit, and mixing ingredients can teach your child a lot about math and reasoning skills. This activity will support her growing ability to use numbers as she counts individual items for the salad.

Materials

Small cups; plastic knives and spoons; 3–5 apples, oranges, bananas, and any other fruit that your child likes; plastic bags

What You Do

1. Go to the grocery store and ask your child to help you pick out the fruit.
2. When you get home, invite your child to look at the fruit with you. Talk with her about what types of fruit you have. Ask her questions about what she sees. *Which of these fruits do you like best? Do you like bananas on your cereal in the morning?*
3. Have your child pick out three apples, three bananas, three oranges, and three pears (or any other seasonal fruit) from the collection of fruit. Listen as she counts and offer help if needed. Have her place each set of fruit into a separate bag.
4. Prepare for making the fruit salad by asking your child to wash her hands and then gather the bags of fruit. Encourage her to count the items in each bag again. *Do the bags all have the same amount of fruit in them?*
5. Ask your child to wash the fruit. As she washes the fruit, encourage her to count each piece aloud. *How many are washed? How many are left to be washed?*
6. Remind your child how important it is to be careful when using a knife. Give her appropriately sized soft fruit chunks to cut with the plastic knife.
7. Challenge your child to count out five pieces of each fruit after it is cut and place the pieces in separate bowls or cups. *Do the cups have the same amount of fruit? How many are in the banana cup? How many are in the apple cup?*
8. Invite her to pour all the fruit cups into the bowl to make fruit salad. As you share the salad, talk about the amounts of fruit you used.