

家庭数学 活动书

厨房中的数学

作者: _____ (姓名) 家庭

厨房中的数学

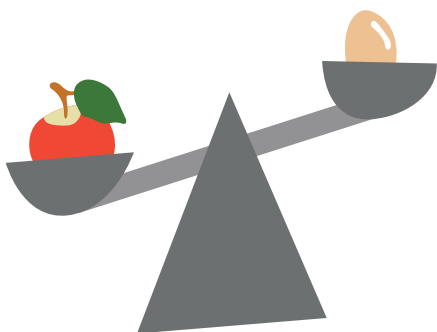
你知道在厨房里有很多方法可以引入早期数学概念吗？以下是一些有趣的想法，能激发厨房中的数学对话：



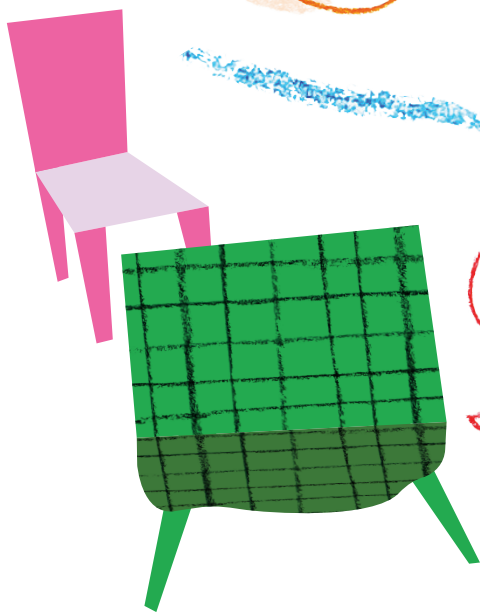
将杯子按从小到大的顺序排列，来练习测量和空间技能。根据大小把碗进行分类。

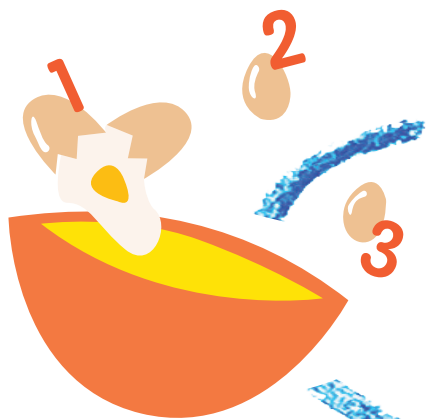


练习比较。哪个更重？
哪个更轻？



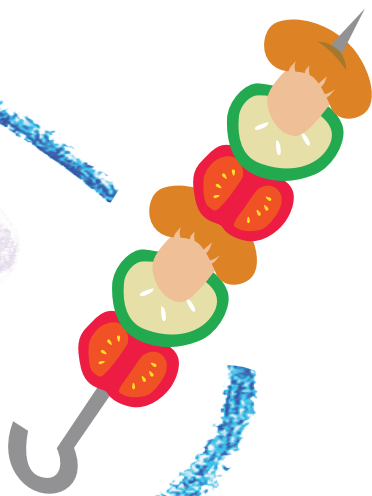
在厨房里找到不同的形状。





练习数一数食谱所需的食材。

在零食时间，制作一个重复有规律的图案。



用排序技巧按大小，形状和颜色对食品进行分类。



什么是数学对话：扫描二维码了解更多信息。

数学无处不在

厨房里的数学

数学无处不在，尤其是在厨房里！作为大人，我们称量食材，把杂货按照特性分类，根据食谱操作——这些都是数学和**排序**技能。

让小朋友参与厨房活动可以帮助他们培养**数学思维**，解决问题的能力，以及整体的数学自信——同时也让他们意识到数学确实无处不在！

在这本书中，你会找到适合家庭的活动，帮助2到5岁的孩子发展基础数学技能，为入学做好准备。主题包括：

排序

这本活动书特别强调排序，这是一个重要的基础数学技能。几乎所有数学内容都遵循一定的顺序。无论是按食谱操作，理解故事，还是完成任务，掌握排序有助于孩子更好地理解周围的世界。

分类与收集



数感与计数



规律



形状



空间感



测量



加入讨论。

分享你的活动照片，并在社交媒体上提及@FamilyMathKids。
想要获取更多数学资源，请访问 pbssoal.org/familymath。

我们来收拾食品杂货吧

收拾食品杂货可以培养分类和空间技能。我们来把这些食品按种类分好，然后画一条线，看它们应该放到哪里去！

数学小贴士

数一数并比较一下有多少物品放在了冰箱里，有多少放在了橱柜里。

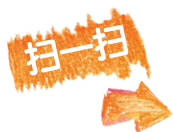


使用空间词语玩一个游戏。

数数再配对

通过这个有趣的数数和配对游戏来练习数到10。数一数每个物品，并将其与右边的数字匹配。

	1
	2
	3
	4
	5
	6
	7
	8
	9
	10



扫码观看数数歌 《I Can Count
Anything I See!》!

数学寻宝游戏 在厨房

在厨房中寻找符合以下描述的物品。每找到一件物品，就把它画在方框里。

数学小贴士

在寻找和绘制物品时，练习使用描述词语，比如形状和大小。你可以练习说：「这个形状有四条边。它比那个形状大。」

一个长方形

一个有四条边的形状

圆形的东西

一个椭圆

一个有三条边的形状

一个半圆



制作健康的蜗牛小吃

引导您的孩子「你能帮我数一下每种食材吗？」

食材

1个苹果

1根芹菜杆

4根椒盐脆棒

8颗巧克力豆或葡萄干

½杯坚果酱(可以用你喜欢的酱替代)

注意: 你可以用自己喜欢的水果或配料替代任何食材。

分享

在社交媒体上分享您制作的健康蜗牛小吃, 并提及@FamilyMathKids

步骤(制作4只蜗牛)

把芹菜杆切成4小段(这将形成蜗牛的底部)。根据芹菜杆的宽度, 纵向对半切开。

* 「我们从一根长芹菜开始。切好之后有多少块呢? 我们一起数数吧!」

把苹果切成圆片, 然后将它们对半切开。

* 「苹果切片是什么形状? 如果我们把圆形对半切, 就会变成一种新的形状, 叫做半圆形。」

在每段芹菜中放入一勺坚果酱。

将一个苹果片(平整的一面朝下)放在芹菜段和坚果酱上, 做成蜗牛的壳。

* 帮助您的孩子学习空间方位词汇! 这些词描述物体的特征, 位置和方位。您可以说: 「请把碗旁边的勺子递给我好吗?」「我们把苹果片放在芹菜段上方」「现在我们用完勺子了, 把它放到水槽里吧。」

把4根椒盐脆棒对半切开, 放2根作为蜗牛的触角。

添加2颗巧克力豆或葡萄干作为蜗牛的眼睛。

趣味知识

你知道蜗牛的眼睛长在触角上吗?

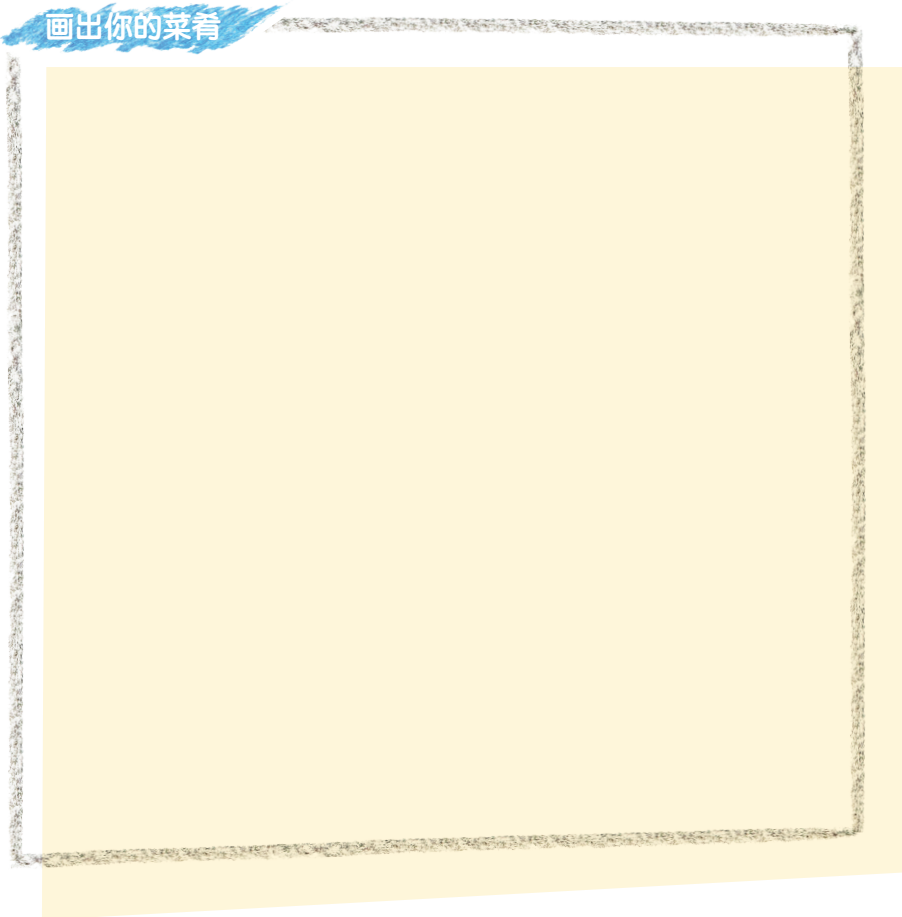


观看我们的《Cooking Counts》节目
获取更多食谱创意!

我的食谱


继续练习你的数学和排序技能, 创造你自己的食谱吧!

画出你的菜肴



食材

步骤



把杯子放在叉子上方。它是满的还是空的？

把你的盘子放在中间。

在盘子旁边放一把叉子。


扫一扫



扫码观看《Work It Out Wombats》中的歌曲《Set the Table》

摆餐具

摆放餐具可以培养数数、空间和顺序排列的技能。用这个餐具摆设作为指南，在家布置你们的餐桌吧！来看一看在每天做这个任务的时候还可以如何进行更多的数学对话吧。



一把勺子给妈妈，一把勺子给我。把勺子放在刀旁边。

数一数！在上菜时，问孩子：
「你想要多少？」

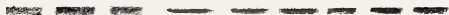
通过提问来激发孩子的数学思维

哪个大小的容器装这些剩饭最合适？在厨房里你看到了哪些形状？在餐桌上你看到了哪些形状？在盘子里你看到了哪些形状？



太棒了! 您和您的家人一起尝试了这么多数学活动。

完成这本活动书后, 我们希望您和您的孩子能够继续在厨房和其他地方一起学习 and 用游戏探索数学概念!



想找到更多有趣的家庭数学练习方法吗?

别忘了看看《Cooking Counts》, 一个为忙碌的家长和小馋猫们准备的数学烹饪节目!



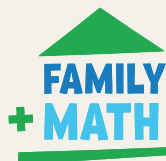
随时随地可以免费获得教育视频和游戏。

PBS KIDS 视频应用

您的孩子可以通过 PBS KIDS 视频应用在线观看他们最喜欢的节目。今天就在您喜欢的设备上下载这个免费应用吧。

PBS KIDS 游戏应用

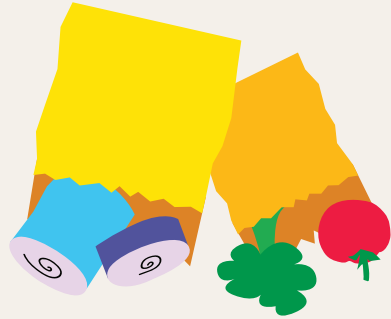
在您的移动设备上下载免费的 PBS KIDS 游戏应用, 来玩根据 PBS KIDS 节目设计的教育游戏吧。



我们的家庭数学活动书是家庭数学系列的一部分。

Thanks to our generous supporters





Hooray! You and your family tried so many math activities together.

In completing this activity book, we hope you and your child can continue learning and playing with math concepts in the kitchen and beyond!

Want to find more fun ways to practice math as family?



Scan the QR code for more activities, and sign-up for our newsletter to receive more free resources.



Don't forget to check out Cooking Counts—a math-y-cooking show for busy caregivers and hungry little ones!

Thanks to our generous supporters



Free educational videos and games are available anytime, anywhere.

PBS KIDS Video App

Your kids can stream their favorite shows through the PBS KIDS Video App.

Download the free app on your preferred device today.

PBS KIDS Games App

Download the free PBS KIDS Games App on your mobile device to play educational games designed around PBS KIDS programs.

TV

If your little ones prefer to watch their favorite PBS KIDS programs on a big screen, the PBS SoCal KIDS 24/7 channel is available on channel 50.5 using an antenna or streaming live on the PBS KIDS Video App.

For more information, visit pbssocal.org/app

OUR FAMILY MATH ACTIVITY BOOK is part of the Family Math Series



Set the Table

Setting the table activates counting, spatial, and sequencing skills. Use this place setting as guide to set your table at home! Check out the ways that you can extend math talk during this daily task.



Tap your child's mathematical thinking by asking questions:

Which size container would best fit these leftovers? What shapes do you see in the kitchen? What shapes do you see at the table? What shapes do you see on your plate?

Work It Out Wombats!
Set the Table Song



Put a fork **next**
to the plate.

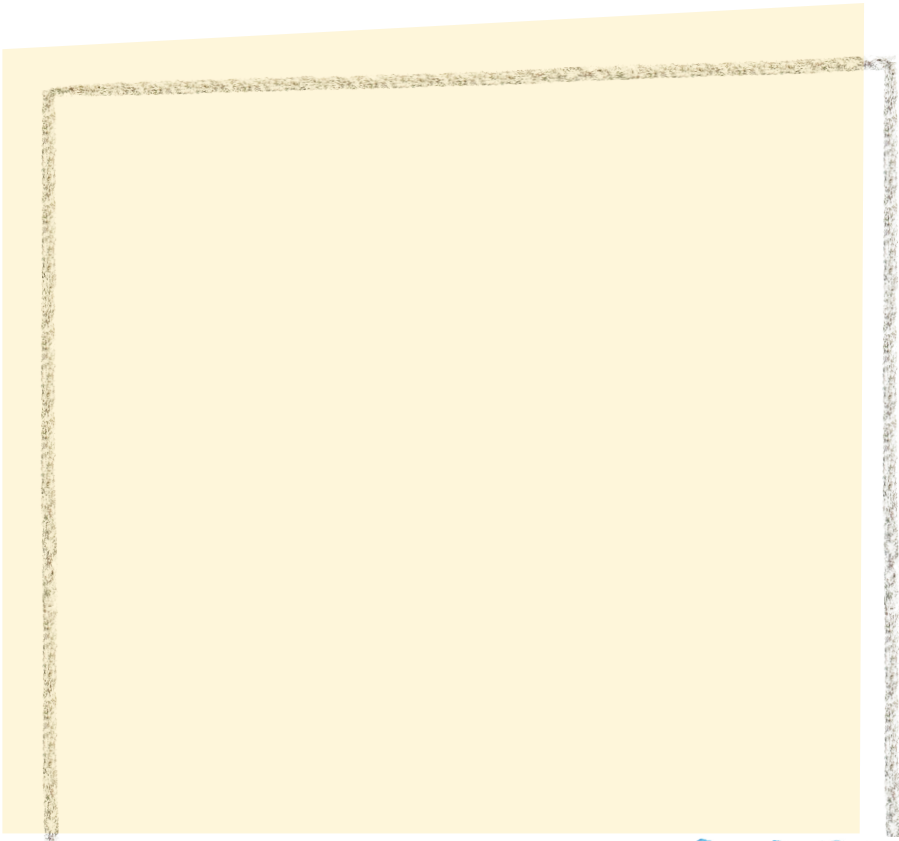
Put your plate
in the **middle**.

Place your cup
above your fork. Is
it full or empty?

My Recipe

Continue practicing your math and sequencing skills as you create your own recipe!

DRAW YOUR DISH



Ingredients

Instructions

Four sets of horizontal blue lines, two on the left and two on the right, providing space for writing ingredients and instructions.

Create a Healthy Snail Snack

Prompt your child: "Can you help me count each ingredient?"

Instructions (Makes 4 snails)

Cut the celery stalk to make 4 smaller sticks (this will form the bottom of the snail). Depending on the width of the celery stick, cut in half length-wise. * "We started with one long celery stalk. How many pieces do we have after cutting them? Let's count together!"

Cut an apple into round circles, then cut them in half.

* "What shape are the apple slices? If we cut the circles in half, we make a new shape. It's called a semi-circle."

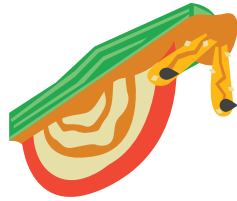
Scoop a spoonful of nut butter spread into each celery stick.

Place an apple slice (flat side down) on top of the celery stick and nut butter to form the shell of the snail.

* Help your child grow their spatial sense vocabulary! These are words that describe objects' features, location, and position. You can say, "Will you please hand me the spoon next to the bowl?" "Let's place the apple slice on top of the celery stick" "Now that we are done using our spoon, let's place it inside the sink."

Cut all 4 pretzel sticks in half and place 2 pretzel sticks to form the snail's antennae.

Add 2 chocolate chips or raisins to form the eyes of the snail.



Ingredients

- 1 Apple
- 1 Celery Stalk
- 4 Pretzel Sticks
- 8 Chocolate Chips or Raisins
- ½ Cup of Nut Butter Spread (you can substitute with your favorite spread)

Note: You can replace any ingredient with your favorite fruits or toppings.

Share a Photo

of your Healthy Snail
Snack and tag
@FamilyMathKids
on social media.

Fun Fact:

Did you know snails have eyes on their antennae?



Match our **Cooking Counts** Show for more recipe ideas!

Math Scavenger Hunt: In the Kitchen

Look around the kitchen for things that match the descriptions below. As you find each item, draw it in the square.











Math Tip

Practice using descriptive words, such as shape and size, when finding and drawing the items. You can practice saying, "This shape has 4 sides. It is bigger than that shape."



Count Then Match

Practice counting to 10 with this fun count and match game. Count each item and draw a line to match it to the number on the right.

10	
6	
8	
7	
6	
5	
4	
3	
2	
1	

Match the Counting Song:
"I Can Count Anything I See!"



Let's Put Away the Groceries

Putting away groceries builds sorting and spatial skills. Sort the groceries by type or by drawing a line to where they should go!

Math Tip

Count and compare how many objects ended up in the fridge and in the cabinet.



Play a game using spatial words



Math is Everywhere: Math in the Kitchen

Math can be found everywhere in our daily lives—especially in the kitchen! As adults, we measure ingredients, sort groceries by characteristics, and follow recipe instructions—these are math and sequencing skills.

Including little ones in the kitchen can help them develop mathematical thinking, problem solving abilities, and overall math confidence—all while showing them that math really is everywhere! In this book, you'll find family-friendly activities to help children, aged 2–5, develop foundational math skills to prepare for school, with topics such as:

Sorting & Collecting



Number Sense & Counting



Patterns



Shapes



Spatial Sense



Measurement



Share pictures of your activities and tag @FamilyMathkids on social media.

For more math resources, visit pbssocal.org/familymath

Join the conversation.



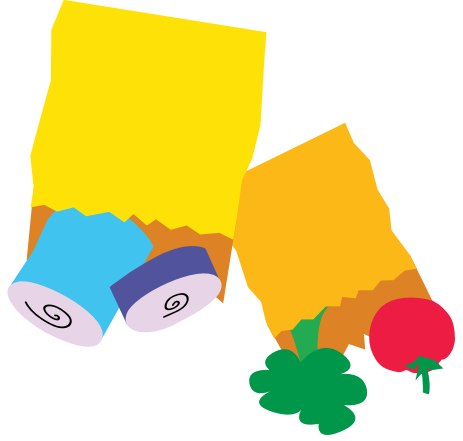
Sequencing

This activity book highlights sequencing, an important foundational math skill. Almost everything in math follows a sequence. Whether they're following a recipe, understanding a task, or completing a task, sequencing helps to empower children to better understand the world around them.

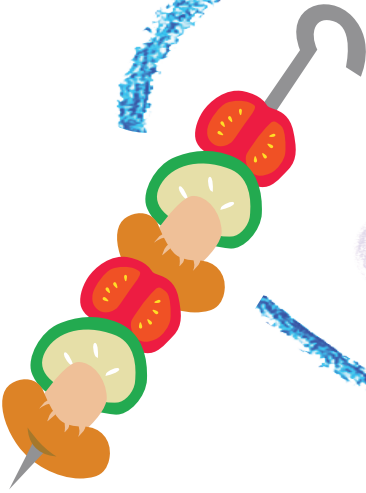


What is Math Talk:
Scan the QR code
to learn more.

Use your sorting skills to
sort your groceries by their
size, shape, and color.



Make a repeating pattern
during snack time.



Practice counting
ingredients needed
for a recipe.



Math in the Kitchen

Did you know there are lots of ways to introduce early math concepts in the kitchen? Here are some fun ways to inspire math talk:

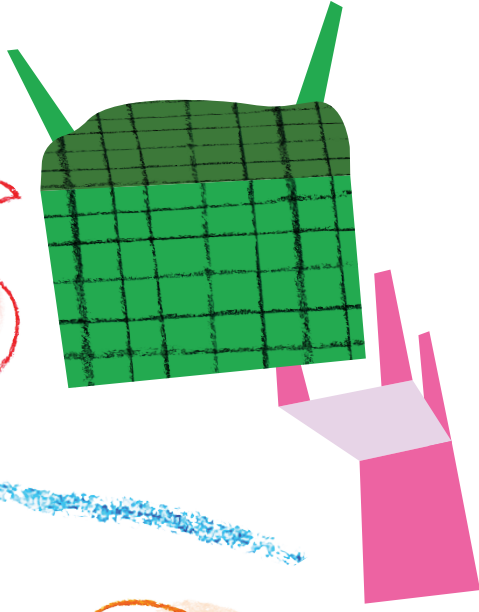
Arrange cups from smallest to biggest to practice measurement and spatial skills. Sort bowls based on size.



Practice making comparisons. Which weighs more? Less?



Find different shapes around the kitchen.



FAMILY

BY THE

MATH IN THE KITCHEN

MATH FAMILY ACTIVITY BOOK

