

What's Big, What's Small?



Have you ever thought about how often you **count, measure, estimate, and compare** when you're cooking? Measuring one cup of this and $\frac{1}{2}$ cup of that teaches your child how to compare the relationship of parts to wholes. Your kitchen is rich with fun and yummy ways your child can learn the basics, and here are some easy ways to start.

PREPARING FOOD

- Ask your child to compare the sizes of measuring spoons. Use words like **smallest, small, medium, big, bigger, and biggest** to describe each spoon.
- **Line up** the fruits you'll use for fruit salad from **smallest to largest**. (Try starting with a blueberry and ending with a watermelon.)

SETTING THE TABLE

- Think about plate sizes. Ask, "Do we need **big** plates or **small** plates for this meal?"
- Put your spoons down on the table and ask, "Who has a **long** spoon? Who has a **longer** spoon? Who has the **longest** spoon?"

AT MEALTIME

- Show your child a **whole** piece of toast and cut it in **half**. Then say, "These two pieces are the **same size**. They're called '**halves**.'" Cut each piece in half again. After your child counts, "1, 2, 3, 4 pieces," say, "These four pieces are called **fourths**. Fourths are **smaller** than halves."
- At snacktime, say, "We have an orange and an apple for a snack. Which one is **wider**?"
- Have your child hold two different pieces of fruit in her hands and ask, "Which one is **heavier**? Which one is **lighter**?"
- At dinner, compare the size of your food portions. Say, "You have **more** carrots than I do. I have **fewer** carrots than you."