

Roll the Dice and have a Snack

Here is a quick and easy game to promote recognising quantities (initially by counting, then being able to recognise small amounts without counting) as well as encouraging healthy eating choices. Your child can help to prepare snack by cutting fruit into slices or preparing small bowls of cereal. They can help to set the table and tidy up.

How to Play:

Roll the dice and count the dots.



Draw the number of dots.

Write the number.

Count out and eat your healthy snack. Segments of orange; slices of apple; small cubes of cheese; raisins or Cheerios are a few suggestions.



What are the Children learning?

I have explored numbers, understanding that they represent quantities, and I can use them to count, create sequences and describe order **MNU0-02a**

I know that people need different kinds of foods to keep them healthy. **HWB0-32a**

I enjoy eating a diversity of foods in a range of social situations. **HWB 0-29a**

Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy. **HWB 0-30a**

- Identify 'how many' in regular dot patterns (dice), without having to count. (Subitise)
- Identify, read, mark make and write numbers 0-6.
- Use one to one correspondence to count a given number.
- Recognise that eating more of some types of foods and less of others is good for health.

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