



## Healthy Foods COUNT

### Handout B57

How this activity supports brain development:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

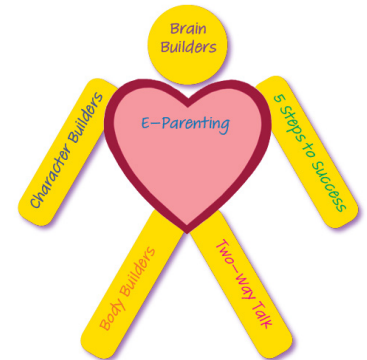


Which Daily Do I want to focus on practicing:

- \_\_\_\_\_

When will we do this activity:

- \_\_\_\_\_
- \_\_\_\_\_



Who else can do this activity with my child:

- \_\_\_\_\_

How to do this activity:

1. Use **Ready for Play and Learning** to see if your child is ready to play and learn. Remember to use **5 Steps to Success** as you help your toddler explore their natural curiosity during the activity.
2. Select 3 healthy foods and gather them in different amounts. For example, you might select a bundle of 3 bananas, 2 bags of brown rice, and 1 apple. Practice naming the colors of the food items and then counting how much of the food there is. For instance, you might say something like: **These are bananas, they're yellow. Let's count them. One, two, three. We have three yellow bananas.**
3. Challenge your toddler on different concepts. You might say: **Where is the red apple? Can you hand it to me?** Remember to point out your child's efforts even if they give you the wrong item.