



Counting Warm Up - Foods 1 Snacks & Drinks (Project image on screen)

What are we counting: Different types of food - snacks and drinks

How are we counting: One by one or in groups/clusters depending on classification.

Example counting warm up questions:

This sheet provides a good teaching opportunity to discuss the nature of various foods and drinks.

	Questions to ask	Answers and things to note
1	How many foods altogether?	17. Clustered in 3s and 2s. Beware to not double count foods where a container is shown, i.e., OJ, yogurt, and milk.
2	How many are fresh produce?	5 berries, apple, banana, carrot, orange
3	How many are vegetable?	1 carrot
4	How many are dairy?	4 = 2 ice cream cones, 1 yogurt, 1 glass of milk
5	How many are fruit?	4 (berries, apple, banana, orange) Don't count the OJ as it is not whole fruit.
6	How many are drinks?	4 (sports drink, water, OJ, milk)
7	How many are healthy drinks?	Arguable - water for sure. Possibly milk and OJ. NOT the sports drink (too much sugar, possibly other additives that are only needed by high performance athletes during competition.)
8	How many are sweet treat foods?	Possibles: cake, ice cream, berries, chocolate,
9	How many are highly processed foods?	Maybe 8 cake, ice cream, chocolate bar, hot dog, sports drink, french fries, ice cream, chips. Some OJ is actually highly processed as well.
10	How many are considered healthy snacks to eat?	6 Berries, apple, banana, carrot, yogurt, orange (If limited added sweetener for berries & yogurt)
11	How many are healthy for kids to have at a soccer or basketball game?	7-9? Berries, water, OJ, apple, orange, carrot, yogurt, orange, milk.
12	How many might usually be ordered at a restaurant for dessert?	Probably 4 cake, berries, ice cream, ice cream
13	How many of these would usual to have at breakfast?	Probably 8 berries, water, OJ, apple, banana, yogurt, orange, milk
14	How many are made from potatoes?	2 French fries, potato chips
15	How many would be not recommended to consume every day?	Probably 8 cake, ice cream, chocolate bar, hotdog, sports drink, French fries, ice cream, potato chips
16	How many could have added sugar or sweeteners?	Possibly 8. For sure: cake, ice cream, chocolate bar, sports drink, ice cream. Maybe OJ, yogurt, and milk as well.
17	How many are usually fried and high in oils?	2 French fries and chips. Although the chips could be baked.
18	How many likely have added colouring?	Probably 4. cake, ice cream, sports drink, ice cream.