



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.

	Questions to ask	Answers and things to note
1	How many foods altogether?	14. Clustered in 3s and 2s or 4 + 1
2	How many are fresh produce?	4 broccoli, beans, salad, leafy green
3	How many are considered a vegetable?	4 broccoli, beans, salad, leafy green
4	How many are dairy?	1 cheese wedge
5	How many are fruit?	0 Although someone might argue that tomatoes (salad & pasta) is a fruit
6	How many are carbohydrates?	3 are "straight carbohydrates" French fries, brown bread, & white bread. Hotdog, pizza, pasta also have carbs in them.
7	How many are considered a main protein?	Arguable: Healthiest for "for sure": eggs, chicken, fish, & cheese. Possibles: hotdog, pizza, & pasta.
8	How many are considered a "whole food"	A whole food is minimally processed: 7 eggs, broccoli, beans, salad, chicken, fish, & leafy green.
9	How many are highly processed foods?	6 hotdog, French fries, brown bread, pizza, pasta, & white bread
10	How many have high nitrates?	Probably 1: hotdog. Maybe also the pizza and pasta depending on the type of meat used. Nitrates typically come from smoking meats.
11	How many are the type of food that the Canada food guide should be about half of your dinner plate?	Half of your plate should be vegetables and/or fruits. 4 broccoli, beans, salad, leafy greens.
12	How many would be considered mainly "animal protein"?	Probably 4. Eggs, cheese, chicken, & fish. Also probably containing animal protein: hotdog, pizza, & pasta.
13	How many would be not recommended too often?	Probably 3: hotdog, French fries, and pizza.
14	How many are made from potatoes?	2 French fries, potato chips
15	How many would be not recommended too often?	Probably 3: hotdog, French fries, and pizza.
16	How many come almost directly from a farm on land?	6 eggs, broccoli, beans, salad, chicken, leafy green.
17	How many come from the ocean?	1 fish
18	How many probably have high salt content?	Probably 3: hotdog, French fries, & pizza.