

Learning at Home

Planning a Meal



Math

- Count the number of people in your family. If someone will be absent for the meal, write an equation to show how many people will be present for the meal.
- Plan the budget for your meal with your children and help them count out the amount of money that will be needed for the meal.

Vocabulary & Discussion Topics

- Discuss the meanings of the words **ingredients, budget, preparation, and menu.**
- Why is it important to make plans for a meal?
- Discuss the similarities and differences between a home menu and a restaurant menu.
- What will you need to cook your meal?
- Who in your home usually plans the meals? What questions do they ask you about those meals? Why do they ask you those questions?
- Discuss wasting and conserving. How does your family keep from wasting food? Why is this helpful to your family?

Most importantly...HAVE FUN!

Books to Listen To

- Thank You, Omu! by Oge Mora <https://youtu.be/S628jnrp8JU>
- Stone Soup by Jon J. Muth https://youtu.be/7VQMVaD_LyQ
- Tacos!: An Interactive Recipe Book <https://youtu.be/hrLA5cFWwf0>

Reading and Writing Connections

- Have your child make a grocery list for your meal by drawing the pictures of what is needed or by writing a list.
- Read the recipes for the meal with your children. Discuss what could happen if one of the ingredients was left out. What would happen if there was too much of any ingredient?