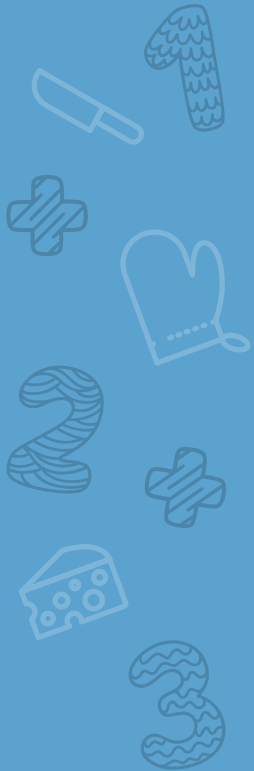


Make your own fruit smoothies. The tips included with this recipe will help you to practice some counting skills, such as counting small piles of fruit. Remember to ask your child how many there are again after they finish counting! It helps with the skill of cardinality.



Adapted from:
<https://www.gaiam.com/blogs/discover/5-delicious-healthy-and-easy-to-make-dairy-free-smoothie-recipes>

Berry Smoothies for Counting

Ingredients

- 1 cup cranberry juice
- 1 cup milk or nondairy milk
- 1 cup frozen blueberries
(You can also use fresh. If using frozen, let thaw for 15-30 minutes.)
- 1 cup frozen strawberries
(You can also use fresh. If using frozen, let thaw for 15-30 minutes.)
- 2 tablespoons honey
(Doctors recommend that children younger than 1 year not eat honey.)

Materials

- Blender
- Measuring cup that can be used to measure 1 cup of liquids or fruits

Directions

1. Everybody washes their hands with soap and water while counting to 20 before starting to cook.
2. Mix all ingredients in the blender for one minute at high speed until smooth and frothy.
3. Spoon or pour into individual serving cups.



Math Tips

- ★ Give your child a pile of strawberries and have them count them one by one.
- ★ When counting, it helps your child if you point at the pieces of food as they say the numbers!
- ★ After counting, ask your child, “How many are there?”
- ★ Make a pile of a few strawberries and a pile of a few blueberries, and ask your child “Which pile do you think has more?” Then have them check by counting the number of berries in both piles.
- ★ **Extra Challenge:** Practice addition! Make a pile of two blueberries and a pile of three blueberries. Ask your child, “How many blueberries are there altogether?”