Activities

Scrumptious Shapes

Grades: PreK–K

The Shapes We Eat
By Simone T. Ribke

Food for Thought
By Saxton Freymann

Round Is a Mooncake: A Book of Shapes
By Roseanne Thong

Overview

Kids record and graph the shapes of the food they eat for a week. Then they make a book and enjoy a "shapewich" or shaped cookies.
Materials:
• book that highlights food shapes such as *The Shapes We Eat* by Simone T. Ribke
• chart paper
• drawing paper
• markers and crayons
• stapler

In Advance:
Prepare a large picture graph on a sheet of chart paper. Write the heading "*The Shapes We Eat*" at the top of the graph. Make a column for each shape: triangle, square, rectangle, and circle. Glue the shape at the bottom of each column.

**ACTIVITY**
1. Introduce the activity by reading a book about food such as *The Shapes We Eat*. Invite children to identify the different food shapes they see. Next, make a list of foods they like to eat. Review the list, and ask them to identify the shape of the food.
2. Show children the graph and explain that they will make pictures of the different foods they eat throughout the week that match one of the geometric shapes on the graph. (Encourage the cook or parents to prepare lunch or snack foods that are specific shapes during the week, such as sandwiches cut in triangles or round cucumber slices.)
3. Each day, invite children to identify a food that matches one of the geometric shapes on the chart. Provide them with drawing paper to make small illustrations of foods to glue onto the graph.
4. Bring the group together at the end of the week to review its graph. Which shape had the most foods? Which had the least? Work with children to summarize their findings.
5. Conclude the activity by creating a class book titled "The Shapes We Eat". Invite children to create their own drawings of foods that are specific geometric shapes. Assist them in writing the names of the foods at the bottom of their drawings. Suggest they make a cover and back page, and then bind all of the pages together. Place the book in the math area for children to enjoy.
TAKE-HOME ACTIVITY
Shape Patterns. Ask families to help their child find something in their home that has different geometric patterns or shapes, such as fabric, a parquet floor, a window, or a piece of jewelry. Invite parents to ask children to draw the pattern and then share it with the group the following day.

Linked Activity: COOKING
Shapewiches. Offer children geometric cookie cutters and slices of bread to make shape sandwiches for snack or lunch. Invite them to add a healthy spread or sandwich filling.

- Subjects:
  Cooking, Geometry, Early Math, Motor Skills, Shapes and Sizes