



Divide Breakfast into Equal Parts

Divide breakfast foods into equal parts and discover simple fractions.

Helps Your Child Grow



Counting and Cardinality

Dividing one whole food into equal shares helps your child understand that each share is one part of the whole and introduces simple fractions.

Steps

- Turn breakfast into a fraction game and see how one whole food can be divided into equal parts.
- Start with a simple example. Cut an apple into two equal pieces and say, “One apple is divided into two equal parts. Each piece is part of the whole apple.”
- Give one piece to your child and say, “This is half of the apple. We can also call it one-half because it is one of two equal parts.”
- Try bread next. Divide a slice or small loaf into three equal parts, count the pieces, and give one each to Dad, Mom, and your child. Say, “We divided one whole into three equal parts. Each person has one-third.”
- Next time you share a whole food, such as a cake, invite your child to decide how many equal parts are needed. “There are four of us, so we need four equal parts.” After sharing, say, “Each person has one-quarter.”

Tips

- Your child does not need to say “one-half” or “one-third” right away. First, help them notice that one whole can be divided into several equal parts.
- Begin with one whole item, such as an apple or a slice of toast, so your child can see it change from a whole into separate parts.

Observations

- Divides one whole food into the number of equal portions needed for the group
- Calls one of two equal parts “half” or “one-half”