

I'm not a robot   
I'm not a robot

Next

## Canadian Coins

Draw a line from the coin to the correct word. Write how much it is worth on the line \_\_\_\_\_.

- |    |  |                       |
|----|--|-----------------------|
| 1. |  | A. a quarter<br>_____ |
| 2. |  | B. a loonie<br>_____  |
| 3. |  | C. a penny<br>_____   |
| 4. |  | D. a dime<br>_____    |
| 5. |  | E. a toonie<br>_____  |
| 6. |  | F. a nickel<br>_____  |

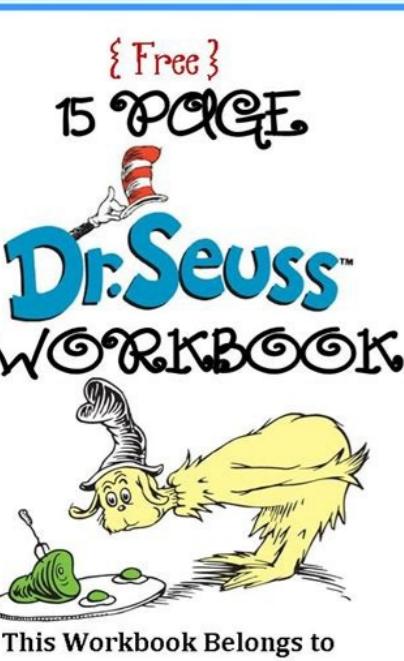
ISLCollective.com

1	11	21	31	41	51	61	71	81	91	101	111
2	12	22	32	42	52	62	72	82	92	102	112
3	13	23	33	43	53	63	73	83	93	103	113
4	14	24	34	44	54	64	74	84	94	104	114
5	15	25	35	45	55	65	75	85	95	105	115
6	16	26	36	46	56	66	76	86	96	106	116
7	17	27	37	47	57	67	77	87	97	107	117
8	18	28	38	48	58	68	78	88	98	108	118
9	19	29	39	49	59	69	79	89	99	109	119
10	20	30	40	50	60	70	80	90	100	110	120

1-100 Poster (front)

This page can be enlarged to make a classroom poster.

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# My Plate Ages 4 – 8

## Fruits



Small fruits like apples, oranges, peaches and plums will count as a  $\frac{1}{2}$  cup serving. If you are drinking juice, you will need to remember that 4 ounces is the same as  $\frac{1}{2}$  cup. Larger fruits like watermelon, cantaloupe or pineapple will need to be eaten in moderation. Try comparing your servings size of them to that of a small apple. You will need 1 to 1  $\frac{1}{2}$  cups of fruits per day.

## Vegetables



The serving size of vegetable will vary depending on the size of the vegetable. 1 corn on the cob will count as 1 serving or  $\frac{1}{2}$  cup. A large sweet potato may count as 1 whole cup. If you stick to eating  $\frac{1}{2}$  cup portions you will need to eat 3 servings of vegetables a day which is the same as 1  $\frac{1}{2}$  cups.

## Grains



Bread, pasta, oatmeal, rice, breakfast cereals, and tortillas are examples of grains. We need 5 ounces of grains per day. You will need to look up the ounces on the packages of the grains that you eat. They will vary depending on the size of the food. Most slices of bread are equal to 2 ounces.

## Protein



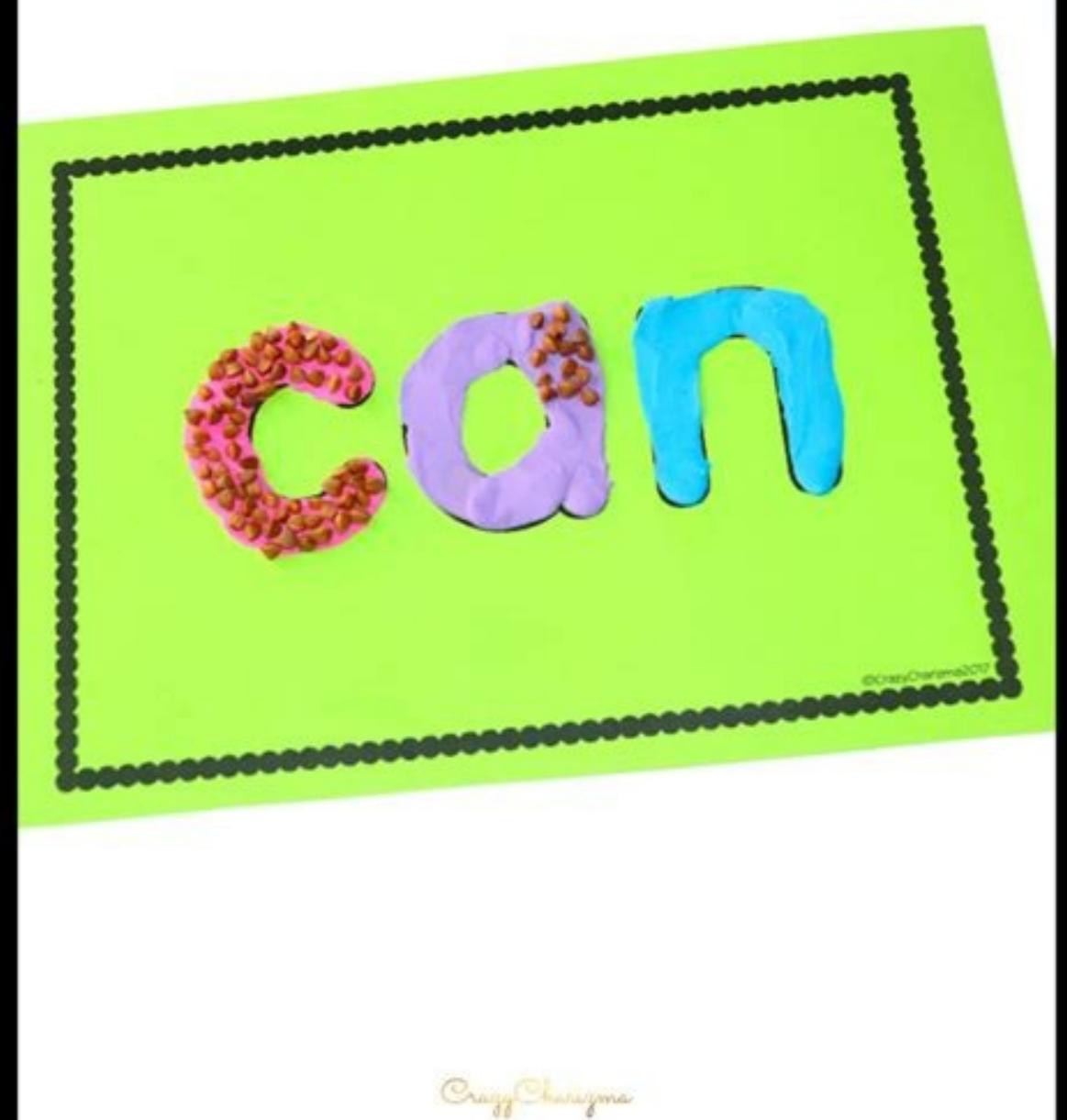
All foods made from meat, poultry, seafood and beans are part of the Protein group. Eggs, nuts and seeds are also considered part of the protein food group. You need to eat no more than 4 ounces of protein per day. One egg is about 1 ounce. One slice of bacon is also about 1 ounce. Other meats like steak or chicken should be small enough to fit in the palm of your hand. That amount would be considered about 2 ounces.

## Dairy



Foods made from milk that retain their calcium content are part of the dairy group. This includes cheeses, milk, and yogurt. We need to eat 2  $\frac{1}{2}$  cups of dairy per day. You will need to read the label to see how many ounces each food item has per serving. Remember 8 ounces = 1 cup.

## SIGHT WORDS SENSORY ACTIVITIES



Fun printable math worksheets for kindergarten. Free printable fun math worksheets for kindergarten. Fun math activities worksheets for kindergarten. Fun math activities for kindergarten at home. Math for kindergarten activities. Best math workbooks for 5th grade. Fun math games for kindergarten worksheets. Fun math ideas for kindergarten.

Kindergarten mathematic spreadsheets in printed PDF format. It has all the topics of mathematics covered in the infancy garden and contain mathematic spreadsheets well illustrated with graphics that appeal to children. If you are a parent teacher or homeschool, this is the right stop to get an abundant number for homework, tests or simply to complement the mathematical activities of the infancy garden. The spreadsheets here are organized according to Kindergarten's mathematics and clicking on each topic allows you to unlock a wealth of printed material. In addition, additional image addition of points points to 10 Admission of daily objects by classification of objects by Shape Size Image Object Classify Similar Shape Rate The color similar to comparing the height Comparing weight Comparing photos Comparing numbers Comparing more / less counting of Tally marks for 3 Tally counting marks for 20 marks of counting circles fraction of objects fraction fraction fraction of fruit halves, tis, quarts etc identifies and represent data linear graphics plotting graphics field data vs grA; graphic graphics of signal signal bars signal signal signaling signaling etc. Volecometer Readings Measurement Object Heights Measure Trees etc. Identify coins USD Identify coins UK pounds Currencies identify euro coins Dime, Penny, Nickel etc. Numbers 1 to 10 Numeros to 20 Numeros Up to 50 Numeros © 100 Number Lines from 10 to 20 Number Lines 10 to 20 for 30 Number Lines 30 to 40 Number Lines to 100 Similar Patterns with Growth Patterns Completing Standard Matching Patterns Find "Left, Right to locate left, right, location grid inside, outside spin the probability of predictable or unlikely wheel less likely to find learning the chances of fixing the forms of identification Circle, square cube, cone Object of life diária long life forms or short Heavy or light High or short Ability to contain more /less Compare objects of daily life counting in pairs counting in threesomes counting on four counters in fives recounting images, etc. Subtraction of Subtraction Masons With the aids to the cookie policy. You can change your preferences at any time in your privacy settings. Update privacy settings peg them early, peg them young. The time is © just ripe to captivate children of the childhood garden with our printable mathematical work sheets comprising colorful thematic exercÁcios that help establish a strong foundation in mathematical concepts. There will be a lack of practice in the recognition, reading and writing of numbers, counting and cardinality, place value, addition, subtract, pattern analysis, recognize shapes, connect dots, compare sizes, with these worksheets at your disposal. The answer keys are definitely a time-saving. Try our amazing garden matematic days for start-ups and come back for more! Select the worksheets by Subtracting From Stunning Images \$Baa 124; 0 to 5 Gravitate in relationship to these problems if familiarize the children with the connect the subtract is in your mind. Removing number ones can be a bit tricky, but not when you have photos to help you visualize the problem. Base Ten Blocks Ajos 24; Unit or Units Countat What better way to enter base-10 blocks than with these spreadsheets the kindergarten? Children count individual blocks or units and write as many in all. Longer or shorter? Compare the lengths of each pair of creepy crawling lizards, crocodiles, snakes, and check the longest Ra ©ptiles and cross the shortest e measurement skills. Building a robot with squares | Cut and paste Keep small hands busy with some cutting and glue fun embedded in this PDF of childhood garden math spreadsheet. Snip the squares of different sizes and paste them into the right boxes to build your super hot. Finishing the color pattern. Observe the color pattern on the plane windows. Identify the alternating pattern rule, predict the color that comes next in sequence and color the last window accordingly. Coloring by numbers | Beginners: Up to 5 children being obsessed with colors and dinosaurs is a universal truth. Keep children from kindergarten entertained with these printable worksheets while mapping the number to the specified color and fill accordingly. Connecting Points | Hot Air Balloon How about a walk in a hot air balloon? Connect the dots, the sequence numbers from 1 to 20 and fly high, flat, flute and collisions in the hot air balloon. Coloring will leave you with a poster for your room. Counting photos | Up to 5 build subitization skills with this lot of printable kindergarten mathematical worksheets. Sensitize children to numbers according to 1 to 5 and connect each number to a specific amount. Add in a number line | 0 to 5 Study the number line model configured with numbers from 0 to 5 and the pre-drawn jumps. Let the children associate the addends in the equation to the starting point and the number of hops and write the sum. Subtraction in a number line | 0 to 5 Develop subtraction strategies with this lot of printable mathematical worksheets. Let the kindergarten your way to discover the difference between two numbers by observing the arrow pointer. Counting packages of dozens count the objects packaged in groups of dozens and individual objects or write how many in all and decompose the objects and write them as dozens and also. High vs. Shorter with the heights of stairs and lamps to compare, our inflatable information garden mater sheets are full of practice. Checking the highest and cross the shortest in each set is all you need to do! coloring by forms from the learning humdrum as you get children to add a color splash to the shapes that follow the color code and bending by building your shape identification skills. skills.



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