



STEAM:

An Early Learning Resource



STEAM, which stands for Science, Technology, Engineering, Arts, and Mathematics, activities can take place in many life situations. Finding authentic STEAM learning opportunities for your child will help him/her to be a critical and creative thinker. One great place for STEAM learning opportunities is the grocery store!

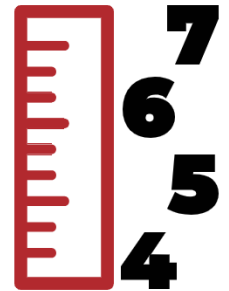
Weight:

- **Show your child how a scale at the grocery store works.** They will see that as you place items on the scale, the arrow moves to show the weight. Discuss that the higher the number, the heavier the item is and the lower the number the lighter the item is.
- **Comparing objects' weight is also a great idea!** For example, ask your child questions like, "Which do you think weighs more, the bag of avocados or the two kiwis? Why do you think that? Let's check together and talk about why."
- **Help your child generalize other instances where a scale is used.** "Do you remember when we went to the doctor's and she weighed you on the scale?"
- **Suggested Vocabulary:** heavy, light, greater than, less than, weight



Height & How Many:

- Encourage a conversation with your child as your walking around the store.
- **Suggested Vocabulary:** height, high, low, many, some, few, more, less, enough
- **Examples:**
 - How many boxes of Lucky Charms do we see here? Let's count together!
 - Which is higher on the shelf, the peanut butter or the Nutella?
 - Do we have enough bananas for everyone in our family? Let's count!



Food - Not Just for Eating:

- Showing your child that nutritious food can also be used for art is a great way to encourage healthy eating habits and art ability.
- **Examples:**
 - "Ants on a log" - Use celery, peanut butter, and raisins to help your child create this fun and nutritious snack. Count how many ants on each log!
 - "Apple Art" - Use halved apples and have your child dip them in different colored paints to make a beautiful picture. Discuss the different colors and patterns!
 - "Smoothies" - Put some of your favorite fruits together in a blender to make a smoothie. Discuss what color the smoothie will be and why, based on the colored fruit used. "What color might blueberries and red strawberries make?"



STEAM Resources:

- <https://babbledabledo.com/25-steam-projects-for-kids/>
- <https://www.commonsense.org/education/top-picks/steam-games-apps-and-sites>
- <http://pbskids.org/lab>