Help Andy select a nutritious, whole-grain, snack to enjoy with a glass of skim milk.

Read each of the following questions. Put a checkmark in each correct answer box. A question may have more than one correct answer.

<table>
<thead>
<tr>
<th>This snack contains a whole-grain.</th>
<th>Option 1</th>
<th>Option 2</th>
<th>Option 3</th>
<th>Option 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>This snack is high in fat and salt and provides no nutritional benefits.</th>
<th>Option 1</th>
<th>Option 2</th>
<th>Option 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

#1 - One large apple sliced.

#2 - A whole-wheat tortilla sprinkled with 1/2 cup shredded cheese. This is melted in the microwave for a few seconds and eaten with salsa.

#3 - One snack-sized package of plain potato chips.

#4 - 2 cups air-popped popcorn with a Tablespoon of butter.
Help Amber pick the best way to wash her hands to prevent illness.

Hint: Amber learned at school that it is best to use warm, soapy water when washing hands to help kill germs and prevent illness.

Read each of the following questions. Put a checkmark in each correct answer box. A question may have more than one correct answer.

<table>
<thead>
<tr>
<th>Option 1</th>
<th>Option 2</th>
<th>Option 3</th>
<th>Option 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amber uses a clean paper towel to dry hands to keep from spreading germs.</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>In this choice, Amber remembers to scrub between her fingers and around her fingernails.</td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

**Choice #1**
- Wet hands with warm water.
- Rub hands together with soap for 10 seconds.
- Rinse hands under warm running water
- Dry hands on a clean paper towel.

**Choice #2**
- Wet hands with warm water.
- Rub hands together with soap for 20 seconds. Scrub between fingers and around fingernails.
- Rinse hands under warm running water
- Dry hands on a clean paper towel.

**Choice #3**
- Wet hands with cold water.
- Rub hands together with soap for 10 seconds.
- Rinse hands with cold water.
- Dry hands on kitchen towel.

**Choice #4**
- Wet hands with cold water.
- Rub hands together.
- Rinse hands with cold water.
- Dry hands on kitchen towel.