



START UP A CONVERSATION

Sometimes it's hard to know what to say when you see someone you know. This can be true on a video call or in person while social distancing. Here are a few ways to get started.

1. Say hello. A simple, "Hi, Eli" is a friendly way to start. If you're talking to a new person, introduce yourself by saying, "Hi, I'm Riley. What's your name?"
2. Ask a question. Start by asking, "How are you?" The other person may share something that leads to more conversation. You can also ask about something you have in common. Try, "Have you seen any good movies lately?"
3. Give a compliment. Saying something nice is another way to keep the conversation going. You could compliment a friend on the shirt they're wearing. Follow it up by asking where it came from.



FUN FACT
The average person eats breakfast at 7:31 on weekday mornings.



WARNING!
Ask an adult's permission before using a knife.

Make peach melba breakfast pops

Ingredients

- 2 small ripe peaches
- ¼ cup raspberries
- ⅔ cup vanilla Greek yogurt
- 2 tablespoons honey
- ½ cup granola

Reprinted with permission from *Good Housekeeping Kids Cook!* © Hearst Books, an imprint of Sterling Publishing Co., Inc.

Instructions

1. Using a knife, chop peaches into small pieces on a cutting board. Discard pit. Slice raspberries in half.
2. In a blender, combine yogurt, honey, and three fourths of the chopped peaches until mixture is smooth.
3. Distribute raspberries and remaining peaches among 6 to 8 ice pop molds.
4. Fill each mold with about ¼ cup yogurt mixture, tapping to distribute, leaving ½ inch unfilled. Top with granola. Pack granola tightly into yogurt until yogurt reaches the top of the mold.
5. Freeze for 6 to 8 hours or until solid.

3 fun facts about this recipe

- These creamy, crunchy pops make for a fun breakfast because they are refreshing and easy to eat (no utensils required) on hot summer mornings.
- Each pop contains 2 grams of filling fiber. This nutrient is essential to a healthy diet because it can help your body run smoothly and protect against disease.
- These pops also make tasty afternoon snacks, if you'd prefer not to have them for breakfast.



ECO TIP OF THE WEEK CONSERVE RAINWATER

It's estimated that Americans use between 80 and 100 gallons of water each day. The amount of water people use has an impact on the environment. That's because it takes a lot of energy to filter and clean the water that comes through the tap in your home. One way to reduce how much tap water you need is to use rainwater for outdoor chores. First, create a way to gather rainwater. One easy way is to put a bucket or barrel outside your home to catch water when it rains. Afterward, use the rainwater to water plants, rinse off outdoor toys, or help wash your family's car.

