

How to...



GIVE A SOLID HANDSHAKE

Offering to shake a person's hand is a polite way to greet someone you're meeting for the first time or haven't seen in a while. While handshakes have been less common during the pandemic, it's still an important skill to develop. Here's how.

- 1. Reach with the right.** If you see someone extending their hand to shake yours, or you want to initiate a handshake, reach your right hand out with your right elbow bent toward the person.
- 2. Be firm.** Clasp the other person's right hand and hold onto it firmly. Shake the person's hand up and down two or three times. Try to avoid letting your hand feel limp, or soft, as you shake.
- 3. Offer a greeting.** As you shake hands, make eye contact with the other person and say hello. You could say, "It's nice to meet you" or "Hello, what's your name?"
- 4. Let go.** After you have shaken hands and given your greeting, release the other person's hand.



LOTS OF BEANS
India produces about 12 million tons of chickpeas a year, the most of any country.

WARNING!
Ask an adult's permission before using the stove.

Make a zesty chickpea salad

Ingredients

- Zest of 1 lemon
- 1 tablespoon fresh lemon juice
- 1 clove garlic, grated
- ¼ cup whole-milk Greek yogurt
- 4 tablespoons olive oil, divided
- 2 to 3 tablespoons warm water
- 1 tablespoon finely chopped fresh dill
- Salt and pepper, to taste
- 1 (15 ounce) can chickpeas, drained and rinsed
- ½ English cucumber, chopped
- 2 ripe avocados, cubed
- ¼ cup thinly sliced green onion
- 4 ounces crumbled feta cheese

Instructions

1. First, make the salad dressing by stirring together the lemon zest, lemon juice, garlic, Greek yogurt, and 2 tablespoons of the olive oil. Thin the dressing with a little warm water to desired consistency, then stir in the dill. Season to taste with salt and pepper. The flavor will develop more as it sits.
2. Heat 2 more tablespoons of olive oil in a large skillet over medium-high. Gently pat the chickpeas dry with a paper towel, then add them to the skillet and season with salt and pepper. Cook, stirring often, until the chickpeas begin to brown and crisp, 5 to 8 minutes. Transfer chickpeas to a large bowl and let cool slightly, about 5 minutes.
3. Add the cucumber, avocado, green onion, and feta cheese to the bowl and toss to combine. Divide salad among bowls and serve with yogurt dressing on the side for drizzling.



ECO TIP OF THE WEEK AVOID HIDDEN PLASTIC PARTICLES

Plastic pollution can harm wildlife when it gets into their habitats and food supply. Some plastics, known as microplastics, are so small that they can't easily be identified in everyday products. For instance, some wipes contain plastic particles to make the wipes stronger and more durable. When these wipes are put in the trash, they release microplastics into the environment. Instead, consider using soap and water or a reusable hand towel. Other surprising items that may contain microplastics are tea bags, glitter, and chewing gum. Check a product's packaging to see if it's marked as biodegradable (materials that decompose naturally).

Wipes can release microplastics.

