



## TRY THESE EASY MEMORY TRICKS

Do you ever forget a task you need to do or blank on someone's name? You can train your brain to remember important things. Get started with these little tricks.

1. Create a visual. To remember the names of new people you meet, connect their name with a mental image. The sillier it is, the easier it will be to recall. If you meet a girl named Bella, imagine her ringing a giant bell. For a boy named Carlos, imagine him driving a race car.
2. Put it to music. Sing a fact or task that you want to remember, such as, "Grandma's birthday is on March 1st" or "Don't forget to put away the milk," to the tune of a familiar song like Happy Birthday.
3. Chunk it out. To remember a string of numbers, break them into smaller chunks. Say you keep forgetting the combination to your new bike lock, which is 26749. Breaking it into three parts (26-74-9) can make it easier to commit to memory.



**FUN FACT**  
Tortilla chips and salsa were named the official state snack of Texas in 2003.

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

## Bake up a plate of tasty nachos

### Ingredients

- 1 (15-ounce) can pinto beans
- 4 ounces tortilla chips
- 1 cup shredded Monterey Jack cheese
- 2 scallions, sliced thin
- 1 cup tomato salsa
- Greek yogurt or sour cream

### Instructions

1. Adjust oven rack to middle position and heat oven to 400°F. Set a colander in the sink. Open can of pinto beans and pour into colander. Rinse beans with cold water and shake colander to drain well.
2. Measure out ½ cup beans. Refrigerate remaining beans for another use.
3. Spread half of chips in an even layer in an 8-by-8-inch square baking dish. Sprinkle chips evenly with half of cheese.
4. Sprinkle beans over cheese, then sprinkle half of scallions on top. Repeat with remaining chips, cheese, and scallions.
5. Place baking dish in oven and bake until cheese is melted, 7 to 10 minutes. Use oven mitts to remove nachos from oven (ask an adult for help). Place baking dish on cooling rack. Let cool for 2 minutes.
6. Spoon half of salsa over top of nachos. Serve with remaining salsa and yogurt or sour cream. Serves 4 to 6.



## ECO TIP OF THE WEEK TAKE A WINTER NATURE WALK

The weather where you live may be cold, wet, or snowy right now, but it's still fun to get out into nature and explore. Scientists have found that going for a walk in the great outdoors is good for your body and mind. Exercising outside also boosts your mood. A local hiking trail, state park, or beach are all great spots to take a winter stroll. If you live in an urban area, there are still plenty of ways to enjoy nature. Find green spaces, let the sun shine on your face, and study the patterns in the bark of a tree or in bird feathers you find on the ground. Make sure to wear sturdy boots and watch where you step. Take care not to damage wild plants and grasses by trampling them.



**Bundle up and head outside.**