



CLEAN FLOORS WITH A VACUUM

Using a vacuum cleaner is often the best way to make sure your floor is clear of dust and dirt. Here's how.

- 1. Pick up first.** Before you vacuum, tidy up anything that's on the floor so you have a clear space to clean. Dust off other surfaces like desks or counters. This way, if dust or dirt falls on the floor, you'll be able to vacuum it up.
- 2. Work side to side.** If this is your first time using the vacuum, ask an adult to help you plug it in and show you how to put it on the correct setting. Then bring the vacuum to the corner farthest from the door to the room and start vacuuming there. Vacuum in lines going side to side in the room, working your way back to the door.
- 3. Clean it.** Once you're finished, empty the vacuum's bag or filter into a trash can, cleaning out any dust you see. This ensures that your vacuum will work well every time you use it. Finally, return the vacuum to the place where it's stored.



DID YOU KNOW?
A single strawberry can have more than 200 seeds on its surface.



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

Make berry ricotta toast

Ingredients

- 2 slices hearty whole-wheat bread
- ¼ cup whole-milk ricotta cheese
- ⅛ teaspoon lemon zest
- ¼ cup blueberries or raspberries, or 2 strawberries, sliced
- 2 teaspoons sliced almonds
- 1 to 2 teaspoons honey

Instructions

1. Lightly toast the slices of bread in a toaster.
2. In a small bowl, mix together the ricotta and lemon zest. Stir until the lemon zest is evenly distributed.
3. Spread half the mixture on each slice of toast. Top each piece with half of the berries and almonds.
4. Drizzle honey over the toast. Serve immediately. Makes 2 servings.

Helpful tips

- The bright yellow outer layer of a lemon's rind is called the zest when

it's grated, and it is very flavorful. You can use a microplane, citrus zester, or the smallest holes on a cheese grater to carefully grate the zest off the lemon. (Be sure to ask an adult's permission before using any of these sharp tools, and ask them to show you how to use one if you haven't used it before.)

- If you don't have any berries at home when making this recipe, try using a different type of fruit on your toast. For example, this recipe also tastes delicious when you use sliced peaches or pears.



ECO TIP OF THE WEEK REDUCE INDOOR AIR POLLUTION

The exhaust you see coming from trucks or factories may be what comes to mind when you think of air pollution. However, indoor pollution at home also exists and can be less obvious. It can come from activities you do at home, such as painting a room or using the stove or fireplace. These activities are safe to continue doing, but it's smart to clean the air. The easiest way to reduce indoor air pollution at home is to open some windows for at least five minutes every day—or longer when the weather allows. If your kitchen or bathroom has a ventilation fan, run it each day to help circulate fresh air in those rooms.

Let the fresh air inside.

