A Closer Look:
This week with Program ENERGY, we learned all about chocolate. We discovered that the first people to have chocolate were the ancient Mayans of Mexico and South America, and that chocolate comes from chocolate beans that are grown on cacao trees! Like all foods, we learned that chocolate is great to eat in moderation!

Don’t Forget to Wash Your Hands!
It is always a good idea to wash your hands before you eat or prepare any food. Our world is full of germs and bacteria that like to live in your hair, under your fingernails and in the folds of your skin. Most are harmless, but some will make you sick...all you have to do is wash your hands to get rid of those little guys. Follow these handy tips for hand washing to keep those germs at bay!

1. Use warm water when washing your hands.
2. Lather up with soap
3. Don’t forget to wash the front and backs of your hands as well as between your fingers. Also make sure to wash your wrists.
4. You should wash for about 15-20 seconds. This is about how long it takes to sing the ABC’s.

Keeping the Kitchen Safe!
Kitchen safety is very important. Below are some tips for keeping your kitchen safe! (Adapted from www.kidsturncentral.com)

• Never touch anything electrical with wet hands
• Keep electrical cords away from the sink
• Hold knives by the handle with the cutting edge away from you
• Keep handles of saucepans turned inward on the stove
• Always use oven mitts or pot holders when handling hot dishes
• Turn off burners and oven when not in use
• Unplug appliances when not in use
• Kids, make sure to ask an adult for help if you need it!

*This newsletter is for your information and does not include a challenge.

Recipe of the Week
Puppy Chow (For Kids!)

INGREDIENTS:
1/4 cup butter
1/2 cup peanut butter
1 cup chocolate chips
8 cups Rice Chex Cereal
1 cup powdered sugar

Melt first three ingredients over low heat. Remove from heat when completely melted. Add Rice Chex and mix well. Pour 1/2 cup of powdered sugar into a large ziploc. Put cereal mix in bag. Add remaining powdered sugar. Shake bag until pieces are coated. Pour on to a baking sheet to cool! Yummy!

Recipe from www.kidsturncentral.com

Follow-up with your Child:
Bake some cookies or any other family favorite recipe with your child and practice using kitchen safety skills.