**[ Your coworker is often hungry before lunch. Recommend a nice snack to keep at her desk in the morning so she won’t be too hungry. Why is it a good snack? ]**

When I was questioned like that, I always said, “Peanuts are the best snack for everyone.” The reason why peanuts are a good snack is they get recognition for having a lot of nutrition by scientists. And she doesn’t need to have pressure about money because peanuts are sold at a reasonable price, and she doesn’t have to eat lots of peanuts because they are a high protein snack, but at the same time, peanuts are a high fat snack. So she should eat a proper amount of peanuts, otherwise, she will receive a terrible future. These days, the company sells peanuts products that people can eat one pack a day.