Normal distributions: When do I add or subtract 0.5 ? When don't I?

1) The lollipops in a bag of Charms Blow Pops have weights that are normally distributed with $\mu=19.23$ grams and $\sigma=0.41$ grams.
a) What fraction of pops have a weight less than 19 grams?
b) In a sample of 12 pops, what is the probability that the mean weight is less than 19 grams?
2) Suppose that $30 \%$ of Charms Blow Pops are triple-berry flavor. In a bag of 150 pops, what is the probability that there are fewer than 40 triple-berry pops?
