Example AMU Calculation:

Air is mostly nitrogen. Nitrogen generally lives paired with another nitrogen in the form: N_2. (Eg., it is a diatomic molecule.)
Nitrogen has AMU of 14 (it's 7 protons and 7 neutrons), therefore, N_2 has an AMU of 2x14=28 AMU.

Water is H_2O. That is 2 Hydrogens, and 1 Oxygen. The AMU is 2x1+1x16=18 AMU.

Hint: Methane is CH_4.