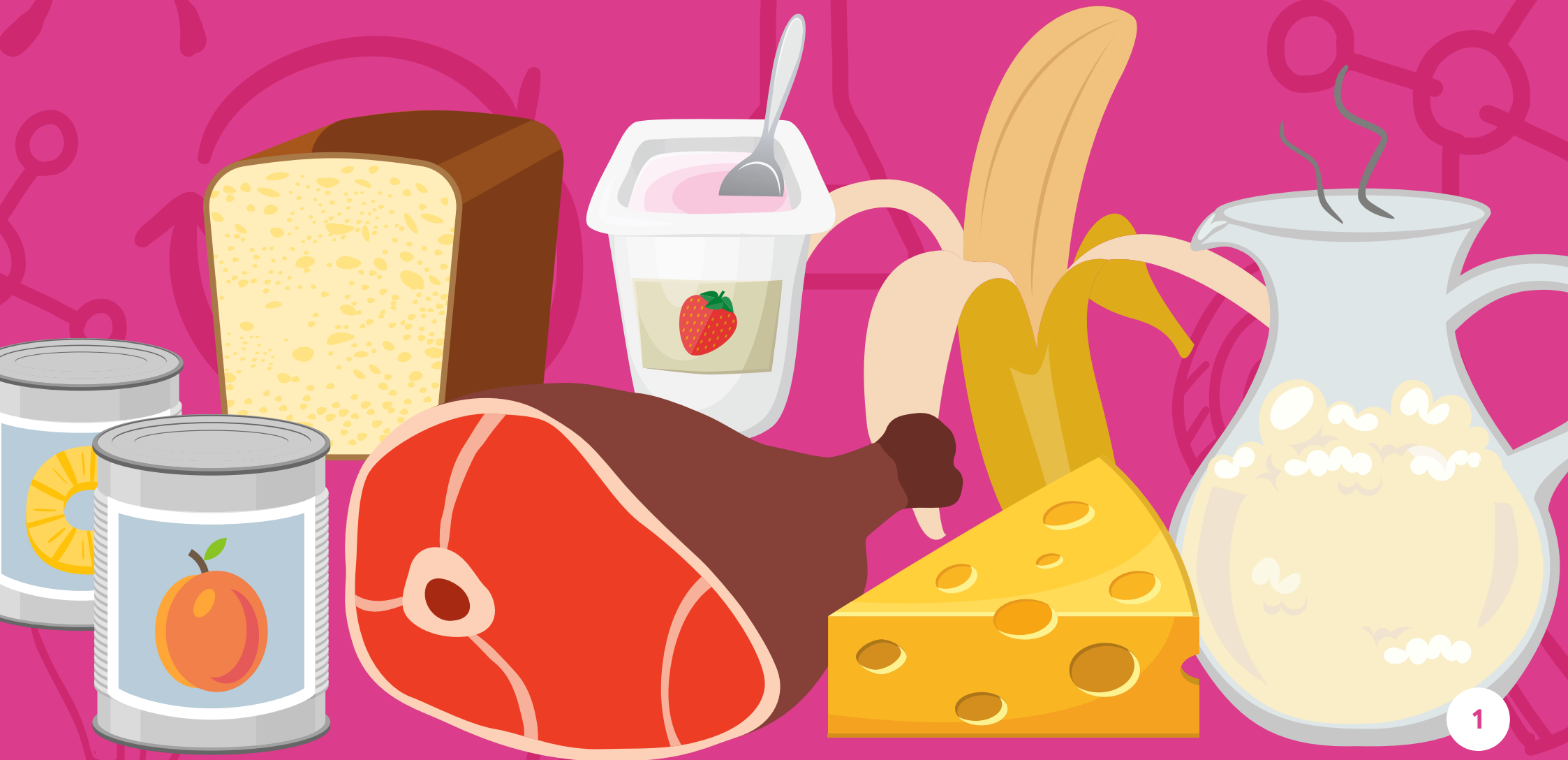


FACTUAL



*Rewarding Learning*

# 'Food Waste' Story





If food starts to go off, it might begin to smell bad. If you eat it, you might feel sick.



Some food changes colour when it is left out. If you peel a banana, it changes from yellow to black.



Bread will become hard and something called mould begins to cover it.



When milk gets old, it will smell sour. Cheese and yogurt are made from milk that has gone sour.



You can keep fruit for longer if you boil it with sugar and turn it into jam.



If food is kept in a cold place, like the fridge or freezer, it will stay fresh for a longer time.



If food is in a can, it will stay fresh for a very long time.





Make sure you check the best before date on food.  
This will tell you when you can eat food safely.