



Northern Ireland
Curriculum

Reading Scheme to Support the
Learning for Life and Work Thematic Units (SLD)

Storing and Using Food

Level 2

Writers' Group:

Graham Hawthorne, Marian Humphrey, Shirley Gwynne and
Avril Napier, all from Roddensvale School, Larne

A CCEA Publication ©2010

www.nicurriculum.org.uk

Photographs

All photographs courtesy of Roddensvale School, Larne

Reading Scheme to Support the
Learning for Life and Work
Thematic Units (SLD)

Storing and Using Food

Level 2



We all need to learn how to store food in a safe way.



After you go shopping, put your frozen food away first. Frozen food goes into the freezer.



Put your chilled food away next. Chilled food goes into the fridge.



Put your fresh fruit in a fruit bowl. Store your vegetables in a cool place.



Put your bread away next. Bread goes into a bread bin.



Finally, put your tins and packets away.
These go into a cupboard or a larder.



Before using any food, always check the best-before date or use-by date. This helps you to know if the food is safe to eat.



Before using any food, always check that it smells and looks safe to eat.



The food with this label needs to be used by the 14th of December.

When should you use this food by?



A CCEA Publication © 2010



COUNCIL FOR THE CURRICULUM EXAMINATIONS AND ASSESSMENT

29 Clarendon Road, Clarendon Dock, Belfast BT1 3BG

☎ +44 (0)28 9026 1200

☎ +44 (0)28 9026 1234

☎ +44 (0)28 9024 2063

✉ info@ccea.org.uk

🌐 www.ccea.org.uk



Rewarding Learning