



Northern Ireland
Curriculum

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

Storing and Using Food

Level 3

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These foods can be bought in a supermarket. This book shows you the best way to store some foods like these.

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



After you go shopping, put your frozen food away first. It will defrost if you leave it out too long. Frozen food goes into the freezer.



Put your chilled food away next. It will get warm if you leave it out too long. Chilled food goes into the fridge.



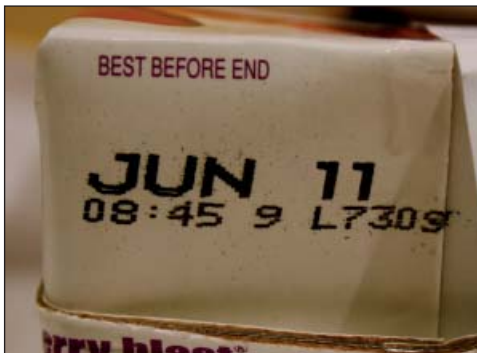
Put your fruit and vegetables away next.
Fresh fruit goes into a fruit bowl. Store your
vegetables in a cool place.



Put your bread away next. Bread goes into a bread bin. This keeps the bread cool.



Finally, put your tins and packets away. These go into a cool, dry place like 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.



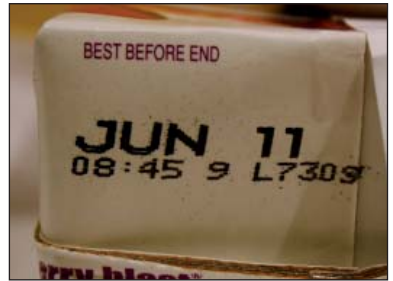
Before using any food, always check that it smells and looks safe to eat.

When should you use these foods by?

1.



2.



3.



4.



Where do they go?

In your homework book, write where you would store these foods.

1. potatoes
2. cheese
3. oranges
4. baked beans
5. milk
6. cornflakes
7. onions
8. ice lollies

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Rewarding Learning