

## HOW TO READ EXPIRATION DATES

Good food makes you healthy, but bad food can make you super sick. So, it is important to be able to read expiration dates. My mom once handed me a seven-year out-of-date yogurt. I don't care how strong your stomach is, even a bear runs away from that kinda thing.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

- Search through your food pantry and freezer, identify expiration dates. Bear in mind that freezing an item extends the expiration date.
- Look for dates on ten items, so that you are absolutely sure you understand what to look for and how to identify if something is still good to eat, and then demonstrate what you have learned to your parents.

LEVEL F

PERIOD 5

TASK 3

There are actually three types of date that you'll come across from time to time.

They all mean something a little different.



1. "Best before" means best used by. After this date the food will start to deteriorate. However, it is not automatically bad. Use your best judgment and a little caution.



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2. An expiration date, however, means that the food will definitely be bad after that date. Best not chance it.



3. “Sell by date” is the date that a grocery store has to sell a product by. However, it may still be good for home use after this date. Again, proceed with a little caution.

