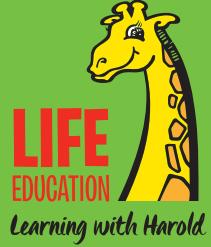




## SMALL CHANGES WHĀNAU CHALLENGE



# EATING FRESH



Imagine this. You get home from school on Friday and put your school bag in your bedroom ... but you forget about your lunchbox. When you look on Sunday night, you find a squishy brown banana, a mouldy orange, and half a tuna sandwich that smells really bad. the food in your lunchbox is not fresh anymore. and something is eating your leftovers, but it's not you.

The mould on your orange is a kind of fungus that's eating the peel.



The smell coming from the old sandwich is caused by bacteria digesting the fish.

When food or drink changes like this, we call it "going off" or "going bad". Some foods stay fresh longer than others before they go off. chicken and fish go off really quickly.

If food is not fresh, it has lost a lot of its nutrients. Stay away from food that looks old or has passed its "use by" date. to tell if food or drink is fresh, use "the fresh test" -

Does it look, smell, or taste "off"? - if so, don't eat it!



It's important to make sure the food you eat is fresh so you get maximum energy and all the nutrients you need. It's good to know where food needs to be stored so it lasts longer.

- Where would you keep each of these foods to make sure they stay fresh?

- the cooler drawer in the fridge
- a sealed container
- a bowl on the bench
- the freezer
- a dark cupboard
- the main part of the fridge



lettuce



milk



fish



nuts



potatoes



ice cream



apple



frozen peas

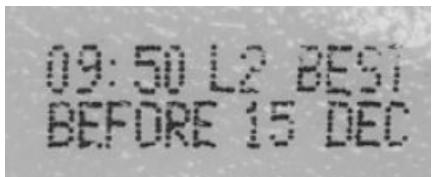


rice

- Some packaged foods have dates printed on them. These are "best before" or "use by" dates. Both of these help you know if the food is fresh or not. Research these two kinds of dates. What's the difference between them?

You can find some handy information here:

<https://www.consumer.org.nz/articles/use-by-dates-on-food>



- How safe is your lunchbox? If you want your snacks and lunch to stay fresh and nutritious, you need to know something about lunchbox safety.

Look at the website below. Use the information to help you have a safe lunch.



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