

Name Date



Cupboard, fridge or freezer - Which is best?

How does your family store food? Let's do a kitchen stocktake and find out!

Ask an adult at home to help you look through the places that food is kept such as the cupboard or fridge and check the kitchen bench top. Find one food from each food group that has the use by date clearly displayed. Identify whether they are being stored in the right place. Can you work together using 2 good storage ideas you learnt at school to fix any problems in your house?

Name of food (Choose 1 from each food group if you can)	Where it is currently stored?	Is it stored in the right place?	Actions What needs to happen now? E.g. does it need to be moved, eaten now or thrown out?
Dairy			
Grains and cereals			
Vegetables and Legumes (beans)			
Fruit			
Proteins (fish, meat, nuts)			

Can you think of some tips for storing food, so we don't create food waste? Think about where it is stored and how.

Record them here _____