



Purpose: To teach basic kitchen terms and food preparation skills.

Lesson 1 - Food Storage

Purpose: To identify storage practices to keep food safe.

Instructor's Note: It is not always possible to tell whether a food is safe to eat by its smell or taste. Improperly stored food can become unsafe to eat and cause illness, if eaten. Keep raw meats separate from other foods in your refrigerator and shopping basket.

Storage Tips:

- Keep refrigerators, freezers and food cupboards clean to prevent contamination.
- Arrange items in the refrigerator and freezer to allow the cold air to circulate freely.
- Once opened, store dried food in airtight containers in a cool, dry place.
- Store canned foods in a cool, dry place. Once cans are open, remove the food inside and store in a covered container in the refrigerator.
- Always move cans and packages to the front of the cupboard and place newly bought food behind.
- Read the label to find out where the food manufacturer recommends storing the product.
- Chill food promptly after shopping.
- Clean hands and kitchen surfaces often.
- Check “best before” dates and buy only what can be eaten before the “best before” date.



You will need:

Food models or food pictures from magazines or flyers

Activity 1 – Where to Store Food

Literacy Stage 1

1. Talk about foods that may become unsafe if not properly stored.
Examples:
 - Leftovers sitting out on the counter for longer than two hours
 - Fresh meat stored in the refrigerator for a week
 - Bread kept in the cupboard for two weeks
2. Hold up food models or pictures and ask learners if the foods will spoil easily or if they are foods that may become unsafe with improper storage.
3. Ask learners what they can do to keep food safe.
Examples:
 - To keep leftovers safe, refrigerate them and use them up within three days or freeze them.
 - To keep the meat safe, store in the freezer.
4. Handout [Activity Sheet 4.1: Food Storage](#). Ask learners to write the appropriate number or numbers beside each food. Talk about the answers.

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Lesson 1 - Food Storage continued...



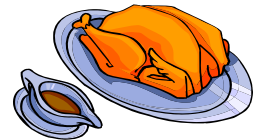
You will need:

Five slices of bread
1/2 cup cooked peas
One raw meat patty
1/2 cup milk
Water
Brown paper bag
Waxed paper
Plastic wrap
Four plates or storage containers

Activity 2

Literacy Stage 2

1. Talk about food spoilage.
2. Do the following experiments with the group to show the signs of food spoilage (or do in advance if necessary). These signs might be mold, bad smell or drying out.
 - Moisten a slice of bread with water. Expose it to the air for two days. Add a little moisture at intervals. Examine it at the end of three days and explain what has happened to it.
 - Wrap one piece of bread in brown paper, one in waxed paper and one in plastic wrap. Leave the three pieces of bread at room temperature and look at them after two days.
 - Set out two portions of cooked peas. Leave one portion uncovered and on the counter. Cover the rest and place in the refrigerator. Examine both portions after two days and compare them.
 - Divide a raw meat patty in half. Refrigerate one half and leave the other half at room temperature. Look at them after one or two days and compare.
 - Leave milk out at room temperature over two days.
3. Ask learners to write down what they see and smell. Discuss observations.



Activity 3

Literacy Stage 3

1. Ask learners if they have ever had a problem with their refrigerator keeping food cold enough. Ask learners what the signs are that the refrigerator is not working properly?
Examples:
 - Milk and beverages are not cold
 - Milk spoils quickly
 - Meat in the freezer section is not frozen hard
 - Ice cream is very soft
2. Hand out [Resource Sheet 4.1: Refrigerator Storage Times for Some Foods](#). Read it together as a group. Talk about each of the foods and how they can be stored.
3. Ask learners to write a short paragraph on why it is important to store food properly.

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Food Storage

Mark the number of the storage places(s) where you would keep these foods. A food may be stored in more than one place.

1. cupboard

2. refrigerator

3. freezer

Example:

Cheese slices 2

Pork chop 2 and 3

canned peas _____

dry rice _____

wieners _____

milk _____

dry oatmeal _____

dry macaroni _____

hamburger _____

eggs _____

fresh carrots _____

canned beans _____

leftover meatloaf _____

ice cream _____

cereal _____

leftover chili _____

bread _____

onions _____



Refrigerator Storage Times for Some Foods (40°F or 4°C)

Keep refrigerated food from spoiling or becoming unsafe to eat with these short but safe time limits.

Eggs* (stored in carton)	“best before” date or 3 weeks
Mayonnaise* (opened jar)	2 months
Ground meats (uncooked)	1 day
Stewing meat, short ribs stir fry strips, kabobs	2 days
Casseroles, meat pies, sauces	2 - 3 days
Roasts, steaks	3 days
Whole chicken/turkey	2 - 3 days
Chicken/turkey pieces	2 - 3 days
Variety meats (liver, kidney, heart)	1 - 2 days
Cooked meats, poultry	3 - 4 days
Cold cuts, wieners*, sausages*	3 - 4 days
Bacon*	1 week

Adapted from the Chill Out Meat and Poultry Handling and Storage Guide, a pamphlet from the Canadian Partnership for Consumer Foods Safety Education.

*Adapted from the Food Storage in the Home sheet, a reference from the Winnipeg Hydro Home Economists, 2000

