**FIFO Activity**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ 1. There are three cans of sweet corn in the food cabinet. Which one will you choose first?

a. The one in the front

b. The one which was purchased the earliest & has the shortest remaining shelf life.

c. Pick at random it doesn’t matter.

\_\_\_\_\_ 2. How do you handle the leftovers of canned food?

a. Put the leftovers in a clean container with cover, mark date on the container so to use it in a day or two & then place in the refrigerator.

b. Leave the leftovers in the can and put it in the refrigerator at once.

c. Reheat the leftovers thoroughly and store them at room temperature.

\_\_\_\_\_ 3. What do you do if you cannot finish off the leftovers?

a. Pack and store them in the refrigerator again.

b. Discard any food left.

c. Reheat the leftovers thoroughly and store them at room temperature.

\_\_\_\_\_ 4. What is the best method of storing non-prepackaged dry food?

a. Keep it in a food cabinet.

b. Put it in a container which contains the same kind of food stuff and mingle them well.

c. Put in a clean container with date of purchase & name of food & store in a cool dry place.

\_\_\_\_\_ 5. Under careful handling, food products & chemicals, such as detergents can be store together.

a. True

b. False

Is your way of storing food correct? Do you still remember the above main points? Let’s have a quick review!

1. To ensure foods are consumed within expiration dates, make a choice based on the FIFO principle & consume foods purchased earlier & that have the shortest shelf life.

2. Leftover canned food should be put in a clean container with cover & kept in refrigerator with the name of the product & discard date.

3. Leftovers should be consumed within 1 – 2 days & reheated thoroughly before eating.

4. Anything left from the leftovers should be discarded after the second time eating them.

5. Non-prepackaged dry food should be kept in a clean container with name of food, date of purchase & stored in a cool dry place.

6. Food and chemicals such as detergent should never be stored together.