
## SW3 - Label Sort Worksheet

This label means that food

should be eaten within the

amount of days it says on

the packaging. After this

date the food may not be

safe to eat.

Keep refrigerated once opened

These dates are seen on food that goes off

quickly, such as meat products and ready

prepared salads. Don’t use any food or

drink after the end of the date on the label,

even if it looks and smells fine. Eating food

after this date could put your health at risk.

Consume within 3 days of opening

Shops often use these dates on their shelves, mainly for stock purposes. These are not required by law and are instructions for shop staff, NOT for shoppers.

Display until

Best before

Use by

These dates are about quality not safety.

This food will taste its best before the date

shown. Eating it after this date will not

mean you will get ill but the flavour might

not be as good. These dates appear on a

wide range of frozen, dried, tinned and

other foods.

This label means that once

you have removed the

packaging and exposed

the food to the air it should

be refrigerated so to stop

microbes growing.

### Label Sort

Match the food label to the correct definition