



Resource: Resource 32 – Forever Foods
Text: Find out more about how long foods last for. How long do you think you can keep honey for? How long does salt last?
Once you have looked at the different foods answer the questions.
This resource involves literacy and numeracy skills and considers health and wellbeing.

Suitable for: P6 - S2
Approximate time: 15 minutes
Curriculum links: HWB 1-35a, HWB 2-35a, LIT 3-14a / LIT 4-14
Meta-skills: Critical Thinking: Logical Thinking. Focussing: Sorting, Filtering.

Sustainable Development Goal links:





SALT

CAN LAST INDEFINITELY

WORTH 20 POINTS



SUGAR

CAN LAST INDEFINITELY

WORTH 20 POINTS





HONEY

CAN LAST OVER 100 YEARS
WORTH 20 POINTS

WHITE RICE

CAN LAST UP TO 30 YEARS
WORTH 15 POINTS



ROLLED OATS FOR PORRIDGE

CAN LAST UP TO 30 YEARS
WORTH 15 POINTS



DRIED BEANS

CAN LAST UP TO 30 YEARS
WORTH 15 POINTS



POWDERED MILK

CAN LAST FOR OVER 20 YEARS
WORTH 10 POINTS



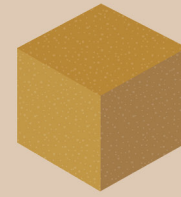
DRIED PASTA

CAN LAST FOR 8 TO 30 YEARS
WORTH 15 POINTS



STOCK/ BOUILLON

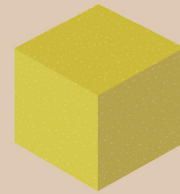
CAN LAST FOR OVER 10 YEARS
WORTH 10 POINTS



Chicken



Beef



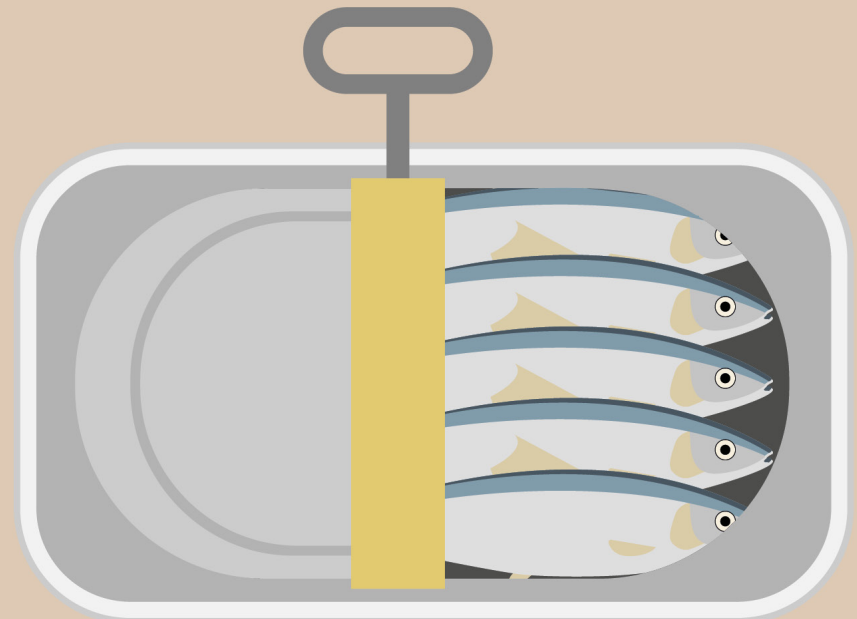
Vegetable



Mushrooms

CANNED FISH

CAN LAST UP TO 10 YEARS
WORTH 10 POINTS



COCOA POWDER (HOT CHOCOLATE)

CAN LAST FOR OVER 10 YEARS
WORTH 10 POINTS



CANNED VEGETABLES

CAN LAST UP TO 10 YEARS
WORTH 10 POINTS



DEHYDRATED FRUIT

CAN LAST UP TO 5 YEARS
WORTH 10 POINTS



Questions

Read the food facts and answer the following questions:

- 1) Which foods will last the longest?
- 2) Which foods last over 100 years?
- 3) How long can white rice last for?
- 4) Which food can last for 8 to 30 years?
- 5) How long can canned vegetables last for?

Each of the different food types have points on them. The longer they last, the higher the points they have scored.

Group different food types together to make meal ideas with the highest points.

e.g. dried pasta with canned vegetables = 25 points (15 points + 10 points).

Answers

1) Which foods will last the longest?

Salt and Sugar will last indefinitely.

2) Which foods last over 100 years?

Honey, salt and sugar.

3) How long can white rice last for?

Up to 30 years.

4) Which food can last for 8 to 30 years?

Dried Pasta.

5) How long can canned vegetables last for?

Up to 10 years.