# RECOGNIZING SPOILED FOODS

They say you are what you eat. Well, you don't want to be rotten. So we need to be able to identify rotten or spoiled foods.

# FLIP OVER FOR YOUR NEXT CHALLENGE

SKILL TREK
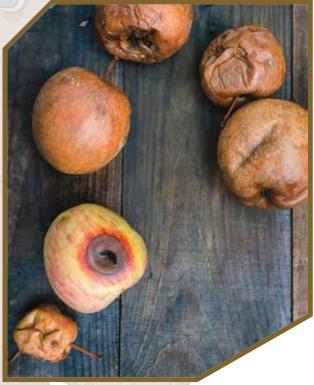FIELD GUIDE FOR LIFE

## EARN THIS NUGGET

Discuss these indicators with your parents and look for any signs of spoiling in foods you have at home. Once a week for three weeks, do a food inspection. Remember, just because something is starting to spoil, does not mean the entire item has to be tossed. Discuss this with your parents too.

The best way of knowing if something has spoiled, is by knowing what it is like when it is good. For instance, the reason I know if milk is spoiled is because I know what good milk smells like. If I take a whiff and it smells nasty, I know something is up, because I am familiar with the good.

Here are some basic guidelines to get going with:

1. Smell. As with the milk, if you smell a food, and it smells "odd" you will want to check further. Something like milk is obvious, some others are a little subtler. Whether meats, veggies, fruits, or drinks, smell can be a giveaway.

2. Look. If you know what a healthy version looks like, how does this look? A little damage or crushed spot is one thing. Is it wilting? Has it changed color? Many fruits and vegetables, when spoiling, will start to go slimy and become dull in color. Meats turn gray. If you ever see mold, throw it away immediately.

3. Feel. Has that hard fruit or vegetable gone soft? Slimy is a good indicator for fruit and veggie as well as sandwich meats. Those meats should be moist, but slimy, no.

4. Breads will go hard and stale, then become moldy. Avoid mold at all costs.

5. If cans are bulging or seals are broken, these are spoiled inside. Dispose of them immediately.