RULE 5R IN PRACTICE!

• MATCH THE APPROPRIATE SOLUTIONS TO THE GIVEN AREA OF DAILY LIFE.

Write the matching symbol:

S - shopping

C - cooking

S - storage

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|  | SHOPPING PLANNING - SHOPPING LIST |
|  | REUSABLE SHOPPING BAG |
|  | FRIDGE AND PANTRY CHECK |
|  | MENU PLANNING |
|  | CREATING DISHES FROM THE OLDEST PURCHASED PRODUCTS |
|  | READING LABELS FOR EXPIRATION DATES AND STORAGE CONDITIONS |
|  | THIN PEELING OF VEGETABLES AND FRUITS |
|  | PREPARING DISHES FROM PRODUCTS WE USED TO THROW AWAY (E.G., VEGETABLES FROM BROTH) |
|  | CONTAINERS, E.G., ICE CREAM BOXES USED FOR STORING FOOD |
|  | INCLUDING PRODUCTS WITH A LONG SHELF LIFE SUCH AS CANNED GOODS AND FROZEN FOODS INTO THE MENU |
|  | PROPER FRIDGE ORGANIZATION - PRODUCTS WITH A LONGER SHELF LIFE CAN BE PLACEDFURTHER/BACK AND AT EYE LEVEL THOSE THAT SHOULD BE CONSUMED SOON |