1 | **A Milk Carton**
Labels and Dates

Name _____
Date _____

Today is September 12.



CIRCLE ONE ANSWER FOR EACH QUESTION.

1. This label says to keep the milk:

Cold **Hot** **Dry**

2. What is the SELL BY date?

SEP 18 **SEP 08** **SEP 12**

3. Today is September 12. Has the SELL BY date already passed?

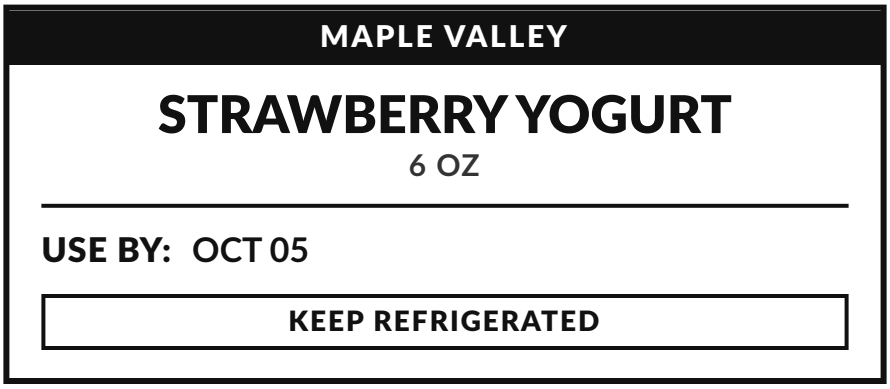
Yes **No**

4. The date has passed. What should you do?

Drink it anyway **Pour it out** **Ask an adult first**

Name _____
Date _____

Today is October 7.



CIRCLE ONE ANSWER FOR EACH QUESTION.

1. What kind of yogurt is this?

Strawberry **Vanilla** **Peach**

2. What is the USE BY date?

OCT 07 **OCT 15** **OCT 05**

3. Today is October 7. Is this yogurt still inside its date?

Yes **No**

4. Where should this yogurt be kept?

In a cabinet **In the refrigerator** **On the counter**

3 | **A Bread Bag**
Labels and Dates

Name _____
Date _____

Today is March 10.



CIRCLE ONE ANSWER FOR EACH QUESTION.

1. What is the BEST BY date?

MAR 14 **MAR 10** **MAR 20**

2. Today is March 10. Has the BEST BY date passed?

Yes **No**

3. This bread is:

Still good **Too old to eat**

4. Where should the bread be kept?

Somewhere cool and dry **In the sink** **Outside**

4 | **A Medicine Box**
Labels and Dates

Name _____
Date _____

Read the label only. Always ask an adult before taking any medicine.

ALLERGY RELIEF

24 TABLETS

DIRECTIONS: Take 1 tablet every 12 hours

LIMIT: Do not take more than 2 tablets in 24 hours

EXP: JUN 2027

KEEP OUT OF REACH OF CHILDREN

CIRCLE ONE ANSWER FOR EACH QUESTION.

1. How many tablets are in the box?

12 24 2

2. How often does the label say to take a tablet?

Every 12 hours Every hour Every week

3. What is the most tablets allowed in 24 hours?

2 4 24

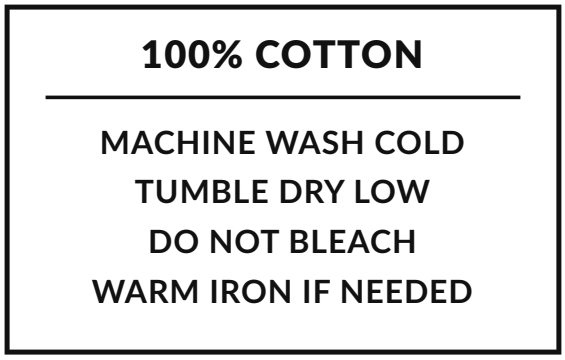
4. Who should you ask before taking this medicine?

A friend An adult Nobody

5 | **A Clothing Care Tag**
Labels and Dates

Name _____
Date _____

This tag is sewn inside a shirt.



CIRCLE ONE ANSWER FOR EACH QUESTION.

1. What is this shirt made of?

Wool **Cotton** **Leather**

2. What water temperature does the tag say to use?

Cold **Hot** **Warm**

3. Can you use bleach on this shirt?

Yes **No**

4. What dryer setting does the tag say to use?

High **Low** **No dryer**

A Frozen Dinner Box

Labels and Dates

Name _____

Date _____

Read the box before you cook.

GARDEN KITCHEN

VEGETABLE LASAGNA

ONE SERVING

MICROWAVE: 5 minutes on HIGH

THEN: Let stand 2 minutes

BEST BY: JAN 2028

KEEP FROZEN

CIRCLE ONE ANSWER FOR EACH QUESTION.

1. Where should this box be kept before you cook it?

In the freezer **In a cabinet** **On the counter**

2. How long does it go in the microwave?

2 minutes **5 minutes** **10 minutes**

3. What do you do after the microwave?

Eat it right away **Let it stand 2 minutes**

4. How many servings are in this box?

One **Two** **Four**