



What Would You Do?

Question:

You're really hungry and go to the refrigerator for something to eat. The cottage cheese sounds good, but there's a round spot of blue mold—right in the middle of the cottage cheese.

What would you do?

Answer:

Don't eat it—throw it away. You can't simply spoon off the mold and eat the rest of the cottage cheese. Mold grows below the surface, so the entire container should be throw away.

If a piece of natural cheese, such as Colby or cheddar, has mold on it, cut off the mold and at least 1-inch of the cheese below and around it.

Question:

You're really thirsty. You go to the refrigerator, take out the carton of milk, pour a glass and begin to drink it. Yuk! It tastes sour!

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What would do?

Answer:

Don't drink the rest of it. Sour milk won't make you sick, but it just doesn't taste very good. Check the "sell by" date. If the milk is outdated, or says "sell by" a date before today, that's probably the problem!

Question:

You take a container of yogurt from the fridge and open it. It has some water on top.

What would you do?

Answer:

Either stir it up or pour off the liquid. This is not a sign of spoilage.

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For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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