



Task Title: Use “Best Before” Dates to Select Food

OALCF Cover Sheet – Practitioner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☒

Task Description: The learner will locate and read “best before dates on various products to determine freshness of food.

Main Competency/Task Group/Level Indicator:

- Understand and Use Numbers/Manage time/C2.1

Materials Required:

- Pen/pencil and paper and/or digital device

Learner Information

Consumers check “best before” dates on food in stores to ensure what they are buying is fresh. They may also check food items on their shelves and in their refrigerators at home to decide when they should be discarded.

Scan the “Best Before Date Labels”.

Best Before Date Labels



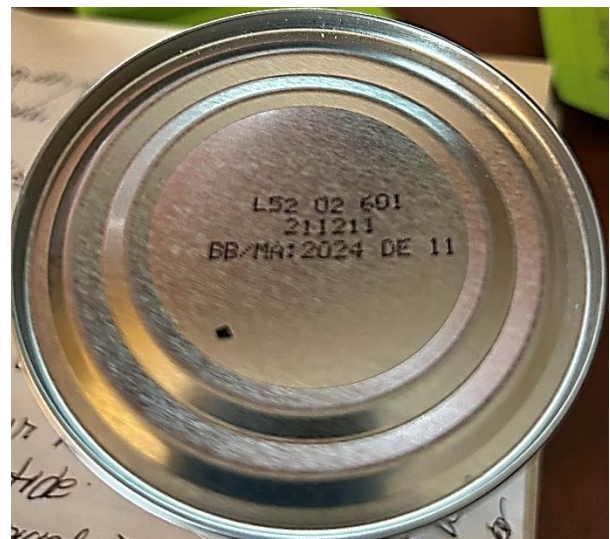
Coffee



Eggs



Yogurt



Canned Mandarins



Crackers



Chicken Broth

Work Sheet

Task 1: What food was best before December 11, 2024?

Answer:

Task 2: What food was best before September 24, 2025?

Answer:

Task 3: Which food should be eaten before July 25, 2026?

Answer:

Task 4: What date are the eggs best before?

Answer:

Task 5: What month in 2026 is the coffee best before?

Answer:

Task 6: When were the crackers best before?

Answer:

Answers

Task 1: What food was best before December 11, 2024?

Answer: Canned Mandarins

Task 2: What food was best before September 24, 2025?

Answer: Yogurt (Liberte Greek Yogurt)

Task 3: Which food should be eaten before July 25, 2026?

Answer: Chicken Broth

Task 4: What date are the eggs best before?

Answer: October 6, 2025

Task 5: What month in 2026 is the coffee best before?

Answer: June

Task 6: When were the crackers best before?

Answer: May 16, 2025

Task Title: UseBestBeforeDates_I_C2.1

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
C2.1	understands and uses common date formats			
	represents dates and times using standard conventions			

This task: Was successfully completed ☐ Needs to be tried again ☐

Learner Comments:

Instructor (print):

Learner (print):