

Hey there! Imagine you have a delicious sandwich that you made yesterday. You put it in the fridge to keep it fresh. But what if you forget about it for a week? Yikes! When you take it out later, it might look all strange and smell bad. That's what we call 'spoiled food.' It's like the food has thrown a little party and invited all the wrong guests!

Spoiled food is food that has gone bad because of little creatures called bacteria or sometimes just because it has been around for too long. Think of bacteria as tiny bugs that are so small we can't even see them. They love to hang around food, especially when it's warm and wet. If food sits out too long, these little critters can crash the party and spoil the fun!

When food spoils, it can change color, smell funny, or feel slimy. It's like the food gets a big makeover, but not the nice kind! You might see some mold, which looks like green or fuzzy spots. If you ever see mold or smell a weird odor, it's best to let that food go to the trash can. We don't want to share our food with those sneaky bacteria!

To keep our food safe, we can store it in the refrigerator, just like you did with your sandwich! And make sure to check expiration dates on packaging—those are like little notes telling us when the food is still okay to eat. If you ever find old food, remember: better safe than sorry! Just toss it out to stay healthy.

So remember, spoiled food isn't just sad, it's also a bit dangerous. Eating spoilage can make our tummies hurt, and nobody wants that! Always check your food before you eat it, and keep it fresh so it can stay tasty and safe!