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## 有機食物與食物安全

## Organic Food and Food Safety

食物安全中心風險傳達組  
科學主任游天頌先生報告

Reported by Mr. Arthur YAU, Scientific Officer,  
Risk Communication Section, Centre for Food Safety

隨着有機食物越來越受歡迎，本地許多零售店都有售賣各式各樣的有機食物，包括新鮮蔬菜、米、穀類、肉類及加工食品等。消費者的個人價值觀影響他們對有機食物的看法，因而影響他們的選擇，例如有些人選購有機食物是出於對環境及動物福利的關注，而另一些人則認為食用有機食物可減少攝入除害劑殘餘及添加劑等合成化學物。

聯合國糧食及農業組織(糧農組織)與世界衛生組織把有機農業定義為一套整全的生產管理系統，可促進和加強農業生態系統的健康，包括生物多樣性、生物循環及土壤生物活動。有機農業強調採取管理措施，而非倚賴農場以外的資源投入，並會考慮到當地情況。有機農業盡可能應用農藝(例如農作物輪作)、生物(例如堆肥及生物害蟲防治)及機械(例如犁田)方法，而非使用合成物質，來達致系統內的任何特定功能。

With increasing popularity, various types of organic food are available from many local retailers. They range from fresh vegetables, rice, cereal grains, meat to processed food, etc. Consumers' personal values influence their attitude towards organic food and thus their choice. For example, some choose organic food out of one's concerns for the environment and animal welfare, while others believe consuming organic food is a way to minimise the intake of synthetic chemicals such as pesticide residues and additives.

The Food and Agriculture Organization (FAO) and the World Health Organization (WHO) of the United Nations define organic agriculture as a holistic production management system which promotes and enhances agroecosystem health, which includes biodiversity, biological cycles and soil biological activity. It emphasises the use of management practices in preference to the use of off-farm inputs, taking into account the local situation. This is accomplished by using agronomic (e.g. crop rotations), biological (e.g. composting and biological pest control) and mechanical (e.g. tilling) methods, as opposed to using synthetic materials, to fulfil any specific function within the system, where possible.



圖1：在香港可以買到各式各樣的有機食物  
Figure 1: Many types of organic food are available in Hong Kong.

為了確保生產管理系統的要求得到嚴格遵守，認證機構會委派檢查員到農場及生產場所進行檢查和審核。因此，在出售時標榜為「有機」的食物通常會在包裝上加上認證機構的有機標籤，以便消費者易於識別。無論是本地還是進口的產品，檢查包裝上的有機標籤，有助確保你所購買的是有機食物。

### 有機食物是否更安全？

糧農組織亦指出，雖然有機耕作對環境、動物福利、消費者選擇以及小農戶的收入與糧食保障都可以有好處，但不能保證食物安全。有機耕作是指在整個生產過程中遵循某些生產管理標準，但有機耕作並非食物安全系統，不能排除化學及微生物污染，因為有機食物可使用從植物提取的除害劑，也有可能受到來自環境及人類等的微生物污染。有機食物與傳統食物之間的主要分別在於生產、加工及處理的方式。有機食物所須符合的食物安全標準，與任何其他以傳統方式生產的食物相同。一般來說，只要採用適當的務農方法，有機與傳統耕作兩者都可以生產安全的食物。

In order to ensure that requirements of the production management system are being followed closely, inspectors appointed by certification bodies visit farms and production sites to conduct checks and audits. As a result, food sold as "organic" usually bears an [organic label](#) from its certification body on its package so that consumers can identify it easily. Checking the organic label on the package helps to ensure that what you purchase is organic, no matter it is locally produced or imported.

### Organic Food : Is it Safer?

The FAO also noted that while organic farming may offer benefits to the environment, animal welfare, consumer preference and income and food security for small farmers, it is not a guarantee of food safety. Organic farming means that certain production management standards are followed throughout production, but it is not a food safety system. Chemical and microbiological contamination cannot be excluded as pesticides extracted from plants can be used in organic food and microbiological contamination from the environment and human, etc. is also possible. The main differences between organic food and conventional food are in the production, processing and handling methods. Organic food needs to meet the same food safety standards as any other food produced with conventional production methods. In general, both organic and conventional farming can produce safe food when proper agricultural practices are used.

## 穀類及穀物中的昆蟲及昆蟲碎片 Insects and Insect Fragments in Cereals and Grains

食物安全中心風險傳達組  
科學主任葉景新先生報告

Reported by Mr. Kenneth YIP, Scientific Officer,  
Risk Communication Section, Centre for Food Safety

穀類及穀物是容易受到米象(俗稱穀牛)等害蟲侵擾的農產品，故在各種穀類及穀物中，包括米、粟米、小麥、燕麥及大麥，以及其製品(例如粉麵)，都有可能發現昆蟲這些外來物質。蟲害可發生在收成前或貯存期間，然後可能被帶到生產線上。在食品加工過程中，有些昆蟲可能會被磨成肉眼看不見的微細碎片。

Cereals and grains are agricultural products that are susceptible to pest infestation, such as rice weevils. These insects are foreign substances potentially found in cereals and grains such as rice, corn, wheat, oats and barley, as well as their products like noodles and pasta. Infestation can happen before harvesting or during storage, which may be brought to the production line. During food processing, some may be ground into fine fragments not visible to the naked eye.

雖然摻雜了昆蟲碎片的食品看來或會難以吸引消費者，但食物主管當局一般將之視為天然和無可避免的物質，不會對人類健康構成明顯危害。米象等昆蟲對人畜、家具及衣服無害，不會叮咬和螫傷人，只會破壞所蛀食的穀物。

While food products adulterated with insect fragments may not look appealing to consumers, food authorities usually regard them as natural and unavoidable substances that pose no apparent health hazards to humans. Insects like rice weevils are harmless to people, pets, furniture and clothes. They do not bite and sting, but damage the grains that they infest.

一般而言，穀物害蟲不能在水分含量低的穀物中生存。透過控制溫度，可以處理受蟲害的穀

In general, grain insects cannot survive in grains with a low moisture content. Temperature control can be used when handling infested items. Rice weevils, for example, can be killed by heating the infested item to 60°C for an hour or freezing at 0°C for a week. With that said,

物。舉例來說，只要把受蟲害的穀物加熱至攝氏60度一小時，或以攝氏0度冷藏一星期，便可殺滅米象。話雖如此，生產商應遵循優良製造規範，例如把穀物製品貯存與加工之間的時間縮短，以減少發生蟲害的機會。消費者應避免購買包裝不完整及有蟲害跡象的穀物製品，購買後存放在密封的堅固容器內，並置於陰涼乾爽的地方。若穀物受損嚴重，不宜食用，則應棄掉。



圖2：米象(俗稱穀牛)(由食物環境衛生署防治蟲鼠事務諮詢組提供)

Figure 2: Rice Weevil (*Sitophilus oryzae*) (By courtesy of Pest Control Advisory Section, Food and Environmental Hygiene Department)

manufacturers should always follow good manufacturing practices, such as shortening the time between storage and processing of grain products, to reduce the chance of infestation. Consumers should avoid buying products with non-intact packaging and signs of infestation. After purchase, store grain products in airtight, sturdy containers and in a cool, dry place. Discard the grains if they are too damaged to be fit for consumption.

## 確保家裏的有殼蛋安全 Keeping Shell Eggs Safe at Home

食物安全中心風險傳達組  
科學主任游天頌先生報告

Reported by Mr. Arthur YAU, Scientific Officer,  
Risk Communication Section, Centre for Food Safety

蛋是受大眾歡迎的食材，原因在於美味可口、營養豐富、烹製方便，而且通常價格相宜。不過，蛋並非無菌，而且存有受沙門氏菌污染的風險。我們可以如何確保家裏的有殼蛋新鮮又安全？

Eggs are a popular food ingredient, as they are tasty, nutritious, easy to prepare and often inexpensive. However, eggs are not sterile and there is an inherent risk of [Salmonella contamination](#). How can we keep shell eggs fresh and safe at home?

在買蛋時，應光顧可靠的零售商。如有包裝，檢查包裝上的「此日期前最佳」日期，並查看蛋有沒有裂紋或蛋液漏出。回家後，應把經冷存的蛋放回雪櫃中。至於未經冷存的蛋，可存放在陰涼乾爽的地方，但最好也是放進雪櫃貯存，因為冷存可以減少細菌繁殖的機會，而且與室溫存放相比，還可以更長時間保持蛋的新鮮。

When purchasing eggs, patronise reliable retailers. Check the best before date if packaged and look out for cracked or leaky eggs. Upon reaching home, put refrigerated eggs back in the refrigerator. For eggs that came unrefrigerated, they are best stored in the refrigerator, though they can be kept in a cool, dry place instead, as it can reduce the chance of bacteria multiplying. It also keeps eggs fresher for a considerably longer period of time than at room temperature.

為了延長保質期，盒裝蛋應存放在原本的包裝中。此外，把蛋放置於雪櫃的冷凍格中層，比放在雪櫃門的蛋架上更好，這樣可減少受到溫度變化的影響，因為每次打開雪櫃都會造成溫度波動，有利細菌生長。放進雪櫃後的蛋在使用前都應保持冷存，以減少冷凝的機會，避免助長蛋殼表面的細菌增生和滲透進蛋內。蛋一般不用清洗，但如果明顯污垢，可加以清洗。經過清洗的蛋應即時使用。棄掉任何有裂紋的蛋。

To achieve a longer shelf life, store boxed eggs in their original package. Keeping them on the middle shelf in the main body of the refrigerator is better than at the door. This minimises temperature swings that facilitate bacterial growth every time you open your refrigerator. Once refrigerated, eggs should be kept so until use to minimise the chance of condensation, which encourages surface bacterial growth and penetration into the eggs. Eggs need not be washed in general, but can be [washed](#) if they are visibly soiled. Washed eggs should be used immediately. Discard any cracked eggs.

# 開闢海路進口新鮮食品的應變措施

## Opening of Sea Route as a Contingency Measure for Import of Fresh Food

食物安全中心風險傳達組  
科學主任葉景新先生報告

Reported by Mr. Kenneth YIP, Scientific Officer,  
Risk Communication Section, Centre for Food Safety

中國內地是香港新鮮食品的主要來源地。因應今年二月中國內地食品經陸路進口受到2019冠狀病毒病疫情影響，食物安全中心(食安中心)全力支援開闢海路進口新鮮食品，迅速設立了五個臨時食物檢測點，分別位於新油麻地公眾貨物裝卸區、葵涌海關大樓、長沙灣副食品批發市場，以及葵青貨櫃碼頭內的香港國際貨櫃碼頭及現代貨箱碼頭有限公司。食安中心亦成立了特遣隊即場檢查進口文件和按風險為本原則抽取樣本進行檢測。

自二零二二年二月十九日起，已有蔬菜、水果、蛋類、肉類及家禽經海路從廣州市番禺蓮花山、深圳市鹽田港、深圳市大鵬灣、蛇口集裝箱碼頭、南沙新港及青島市運往香港，以維持這些必要新鮮農產品的每日市場供應。

為使食物批次放行快速順暢，進口商應在每批食物抵港前兩天，向食安中心提交抵港報告及相關進口文件。除了提交實物文件的傳統方式外，進口商還可透過「[食物貿易商入門網站](#)」使用快捷的網上模式。業界可參閱有關[單張](#)或致電24小時查詢熱線2708 9591，了解詳細安排。

除了發展水路運輸外，食安中心亦積極配合推動籌備中的鐵路運輸和推行各項措施，以完善陸路運輸安排。

Mainland China is the main source of fresh food in Hong Kong. Having regard to the import of food from Mainland China via the land route being affected by the COVID-19 pandemic in February this year, the Centre for Food Safety (CFS) fully supported the open up of importing fresh food via sea route by swiftly setting up five temporary food inspection checkpoints at New Yau Ma Tei Public Cargo Working Area, Kwai Chung Customhouse, Cheung Sha Wan Wholesale Food Market, and Hongkong International Terminals Limited and Modern Terminals Limited in Kwai Tsing Container Terminals. A task force was also formed under the CFS for on-site examination of import documents and sample collection for testing under the risk-based principle.

Since 19 February 2022, vegetables, fruits, eggs, meat and poultry have been shipped to Hong Kong from Guangzhou Panyu Lianhuashan Port, Shenzhen Yantian Port, Shenzhen Dachan Bay, Shekou Container Terminal, Nansha New Port and Qingdao via the sea route to maintain the daily market supply of these essential fresh produce.

To facilitate smooth and swift release of food consignments, importers are advised to submit the arrival report and relevant import documents to the CFS for every consignment two days before the arrival. Apart from the conventional way of submitting physical documents, importers are encouraged to use the fast track online mode through the [Food Trader Portal](#). The trade may refer to the relevant [leaflet](#) or dial the 24-hour enquiry hotline on 2708 9591 for detailed arrangements.



圖3：食安中心人員在其中一個臨時食物檢測點進行食品檢查  
Figure 3: CFS staff conducting food inspections at one of the temporary food inspection checkpoints

Apart from development of water transportation, the CFS also gives active support to promoting rail route transportation under planning and the implementation of various measures to improve land transport arrangements.



### 風險傳達工作一覽 (二零二二年三月)

#### Summary of Risk Communication Work (March 2022)

事故/ 食物安全個案  
Incidents/ Food Safety Cases:  
168

公眾查詢  
Public Enquiries:  
65

業界查詢  
Trade Enquiries:  
166

食物投訴  
Food Complaints:  
116

給業界的快速警報  
Rapid Alerts to Trade:  
1

給消費者的食物警報  
Food Alerts to Consumers:  
1

懷疑食物中毒個案通報  
Suspected Food Poisoning Alerts:  
0

教育研討會/ 演講/ 講座/ 輔導  
Educational Seminars/ Lectures/  
Talks/ Counselling:  
5

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New Messages Put on the  
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33