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食品法典與食物安全

Codex Alimentarius and Food Safety

食物安全中心風險評估組
研究主任谷志豪先生報告

Reported by Mr. David KU, Research Officer,
Risk Assessment Section, Centre for Food Safety

本年，食品法典委員會將會慶祝成立60周年。自委員會成立以來，《食品法典》均是各國食物安全規例的重要參考資料。為確保國際食品標準的統一，《食品法典》也是設立和修訂本地食物安全規例重要指標之一。

This year, the Codex Alimentarius Commission is celebrating its 60th Anniversary. Since its establishment, the Commission's standards, the Codex Alimentarius, or more commonly known as the "Food Code", have been an important reference for national food safety regulations. To ensure harmonisation with international standards, the Codex Alimentarius is also one of the key benchmarks for developing and revising local food safety regulations.

食品法典委員會是什麼？

食品法典委員會是聯合國糧食及農業組織和世界衛生組織於1963年根據聯合國糧食及農業組織和世界衛生組織聯合食物標準計劃設立的國際組織，目的是制定食物標準，以保障消費者健康和確保食品貿易的公平進行。世界貿易組織也指明食品法典委員會為訂定食物安全標準的有關組織。

What is Codex Alimentarius Commission?

Founded in 1963, the Codex Alimentarius Commission (CAC) is an international body established by Food and Agriculture Organization of the United Nations (FAO) and World Health Organization (WHO) under the Joint FAO/WHO Food Standards Programme to develop food standards for protecting consumers' health and ensuring fair practices in the food trade. The World Trade Organization (WTO) also names Codex as the relevant standard-setting organization for food safety.

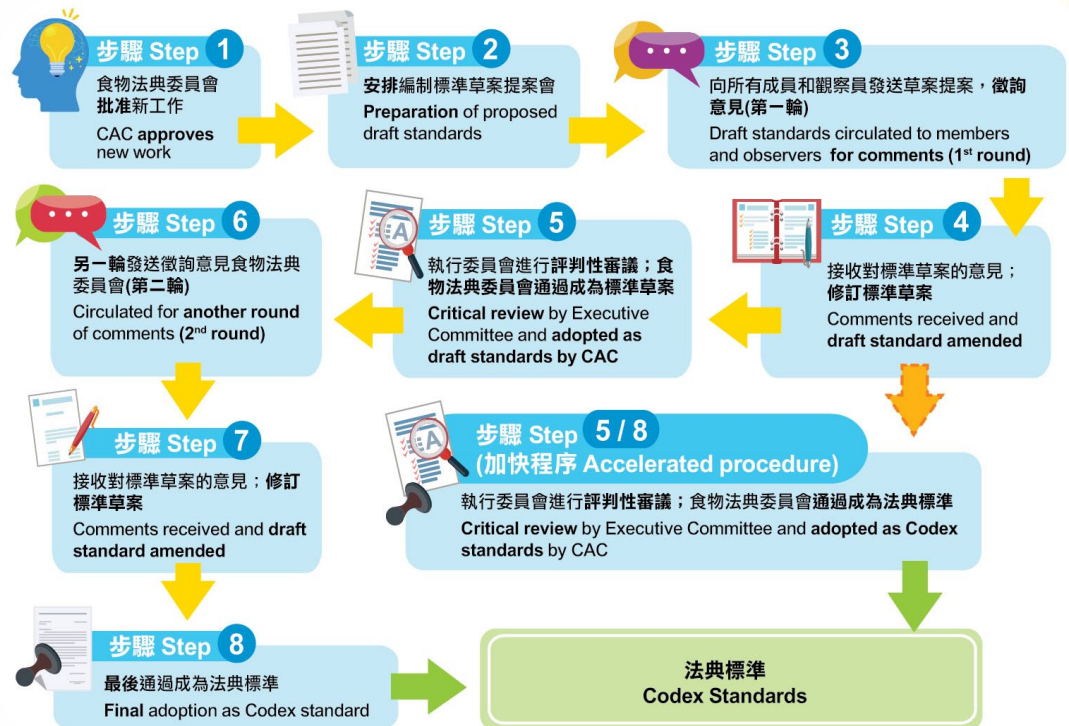


圖1：訂定法典標準的程序
Figure 1: Procedures for setting Codex Standards

食品法典委員會現時有189位成員，包括188個成員國和1個成員組織，歐洲聯盟，參與委員會的年會和各種委員會的其他會議，建立和通過食品標準。這些委員會包括：執行委員會作為食品法典委員會的執行機關、綜合主題委員會建立一般食品標準如食品添加劑和食品衛生標準、商品委員會建立指定商品如油脂和魚和魚製品的標準、特設工作組成立一段特定時間以達至清晰界定的目標（如抗菌素耐藥性）以及區域協調委員會負責應對每個區域的挑戰和需求。

食品法典是什麼？

《食品法典》由食品法典委員會制定，匯集了食品標準、指引和操作規範，旨在保護消費者健康，確保食品貿易公平。文本內所列對食品各種要求旨在確保為消費者提供安全健康、沒有摻假的食物，並且保證食品的標籤及描述正確。

為確保食品安全，食品法典委員會在制定標準時，會考慮獨立國際風險評估機構的科學意見。除食品安全外，法典標準也旨在消除貿易壁壘。世貿在解決貿易爭端時，會參考法典文本，擬採取比法典標準更嚴格的安全措施的世貿成員或需要用科學證據來證明這些措施是合理的。

食品法典委員會制定的文本所涵蓋的規定範圍廣泛的規定，包括食品衛生、食品添加劑、農藥和獸藥殘留、污染物、標籤及其描述、分析與採樣方法以及進出口檢驗和認證方面的規定。

訂定法典標準的程序

為確保法典標準反映當前的科學知識及成員的需求，現行的標準會按需要檢討和修訂，新的標準會由委員會建議及訂定。

檢討現行的標準或制定新的標準，一般由不同的委員會或成員提交的建議展開。訂定標準的流程涉及包括8步驟的一般程序（圖1）或包括5步驟的加快程序，之後草案才會正式通過成為法典標準。兩個程序的分別在於缺少第二輪向成員和觀察員發送草案提案徵詢意見和作出修訂（步驟6和7）。

在訂定標準的過程中，獨立專家機構的意見有助增加所制定標準的可信性。這些專家團體（如聯合國糧食及農業組織 / 世界衛生組織農藥殘留聯合會議和聯合國糧食及農業組織 / 世界衛生組織食品添加劑聯合專家委員會）會根據已有的科學資料進行安全評估和審核。

The Commission currently has 189 members, including 188 member countries and one member organisation, the European Union, to participate in the annual meeting of the Commission and other meetings of a variety of committees to develop and endorse the food standards. These committees are: the Executive Committee that serves the executive purposes of the commission, General Subject Committees that develop standards for food in general such as standards for food additives and food hygiene, Commodity Committees that develop standards for specified foods such as fats and oils as well as fish and fish products, Ad-hoc Tasks Forces that are established for a fixed period of time to achieve a clearly defined purpose such as antimicrobial resistance, and Regional Coordinating Committees that address the challenges and needs of each region.

What is Codex Alimentarius?

Codex Alimentarius, established by CAC, is a collection of food standards, guidelines and codes of practice which serve the purpose of protecting consumers' health and ensuring fair practices in the food trade. Requirements for food listed in the texts are aimed at ensuring food products for consumers are safe, wholesome, free from adulteration, correctly labelled and presented.

To ensure food safety, scientific advice received from independent international risk assessment bodies are taken into consideration during the establishment of standards. Apart from food safety, Codex standards also serve the purpose of removing barriers to trade. In resolving trade disputes, Codex Texts form the reference for WTO as WTO members applying food safety measures stricter than those set by Codex may require scientific justification for the corresponding measures.

Texts established by Codex include a wide range of provisions, and these provision relates to food hygiene, food additives, residues of pesticides and veterinary drugs, contaminants, labelling and presentation, methods of analysis and sampling, as well as import and export inspection and certification.

Procedure for setting Codex Standards

To ensure the Codex standards are consistent with the current scientific knowledge and members' needs, existing standards will be reviewed and amended as necessary and new standards will be proposed and set by the Commission.

The review of existing standards or establishment of new standards usually originates from the proposals submitted by different Codex Committees or members. The process of standard setting involves either a normal eight-step procedure (Figure 1) or a five-step accelerated procedure before the draft is officially adopted as a Codex standard. The two processes differ by the omission of a second round of comments and amendments from members and observers (Steps 6 and 7).

During the process of standard setting, scientific advice is received from independent expert bodies to enhance the credibility of the standards established. These expert bodies, such as the Joint FAO/WHO Meetings on Pesticide Residues (JMPR) and the Joint FAO/WHO Expert Committee on Food Additives (JECFA), perform safety assessments and evaluations that are based on scientific information available.



冬日時節食安心

Eating Safe in Winter Holidays

食物安全中心風險傳達組
研究主任鄭基慧女士報告

Reported by Ms. Amy CHENG, Research Officer,
Risk Communication Section, Centre for Food Safety

雖然和暖的天氣較容易令細菌迅速繁殖，但冬季仍有可能染上食源性疾病。農曆新年將至，大量烹煮食物慶祝新年是深受歡迎的做法。然而，大量烹煮會涉及大量食物，若不注重衛生加上廚房空間不足，便會增加於不適當溫度下存放食物和生熟食物交叉污染的風險，有可能把食物中的細菌帶到餐桌上。

把盆菜置於安全溫度下

冬日裏適合進食暖和的食物，例如在大伙兒聚會時享用盆菜。由於需求量大，這些菜色一般都是提前大量烹製的。盆菜包含多種食物配料，烹製程序既繁瑣又漫長，當中包括切割、醃製、預先煮熟、冷卻及最後的翻熱。若食物在預先煮熟後被置於室溫下的時間過長，食源性致病菌便可繁殖，部分更能產生耐熱的毒素，即使翻熱也不能把這些毒素消除。因此，有必要妥善存放食物，把預先煮熟的配料貯存在攝氏4度或以下以防止毒素產生，把預先煮熟的配料分成較小份、放在較淺的容器內或把食物冰鎮冷卻。徹底翻熱食物至中心溫度達攝氏75度或以上。如非即時食用，應把熱食保持在攝氏60度以上。避免把翻熱的食物放在室溫下過久；如放置在室溫下超過4小時，應棄掉翻熱的食物。要注意的是，翻熱份量大的盆菜時，熱源的熱力或沒有在盆菜內平均分布，因此進食前需要較長時間把盆菜完全煮沸。

火鍋的食物安全風險

火鍋也是冬季社交活動及聚會時常吃的食物。火鍋的製作方法是把熱源置在一鍋滾燙的湯汁下。把肉類、蔬菜、菇類及加工食品放在鍋中煮熟，然後配以各種蘸汁進食。為方便使用，生和熟的配料往往會毗鄰放置，使生料中的細菌更容易進入熟食中，造成交叉污染的風險。因此，最好使用兩套不同的筷子和用具來分別處理生和熟的食物。桌上不應擺放過多食物，以減低食物互相接觸而導致交叉污染的可能性。

沒有徹底煮熟食物是火鍋經常出現的

問題，特別是對於烹飪經驗不足的人而言。未煮熟的食物可能含有沒有經過烹煮殺死的有害細菌及病毒，繼而引致食物中毒。每次加添水或湯汁後，應待湯汁沸騰後才可把食物拿起。海產(如介貝類海產)則應放在沸水中烹煮最少五分鐘，確保食物經徹底煮熟才可進食。部分人或會用生蛋漿作為火鍋的蘸汁，然而生雞蛋或含有沙門氏菌，能引致食物中毒。市民不應進食生雞蛋或把熟的食物蘸上任何混合了生雞蛋的蘸汁。

安全處理剩餘食物

進食假日大餐後，可能會有剩餘食物，例如蒸糕及煎堆類食物，足以食用多日。為保障食物安全，所有易壞食物均應在烹煮或冷卻後2小時內放進雪櫃，放置在外面多於4小時的食物應棄掉。為免食物變壞，剩餘的食物應存放於清潔的密封容器內，並在烹製好後兩小時內放進雪櫃。應徹底翻熱剩餘的食

While warmer temperatures make it easy for bacteria to multiply quickly, foodborne diseases can still happen in winter. Near the Lunar New Year, cooking in bulk for celebration is very popular. However, as bulk cooking involves a significant amount of food, poor hygiene practices and a lack of kitchen space can raise the risk of temperature abuse as well as cross-contamination between raw and cooked food, which may bring unwanted food bugs to the table.

Keep Poon choi at Safe Temperatures

Wintertime is a great time of the year to have 'winter warmers' such as poon choi when we host large gatherings. These dishes are often prepared through bulk cooking ahead of time, due to the large number of portions required. Poon choi contains various food ingredients and requires complicated and long preparation procedures such as cutting, marinating, precooking and cooling and finally re-heating. If the food is left at room temperature for too long after precooking, foodborne pathogens can multiply and some can even produce heat-stable toxins which are not readily eliminable by reheating. Hence, it is important to store food properly by storing precooked ingredients at 4°C or below to prevent the formation of toxins, cool down the precooked ingredients by dividing into small portions, placing in shallow containers or placing in ice bath. Reheating foods thoroughly to the core temperature of 75°C or above, and keep hot food above 60°C if it is not consumed immediately. Do not leave reheated food at room temperature for long, and discard it if held at room temperature for more than four hours. Of note, heat from the heat source may not be evenly distributed in a large poon choi during reheating, therefore requiring more time to bring poon choi to a boil before eating.

Food safety risks of hotpot

Hotpot is also often served at social events and gatherings in winter. Hotpot is made by putting a heat source under a pot of soup that is boiling. Meat, vegetables, mushrooms, and processed foods are cooked in the pot and eaten with a variety of dipping sauces. Raw and cooked ingredients are often put next to each other for ease of use. This makes it more likely that bacteria from the raw ingredients will get into the cooked food, imposing the risk of cross contamination. Hence, it is preferable to use different sets of chopsticks and utensils to handle raw and cooked food separately. Avoid putting too many dishes on the table to minimise food-to-food cross-contamination.

Inadequate cooking is another issue that frequently happens in hotpot, especially if the person is not

experienced in cooking. Undercooked food may contain harmful bacteria and viruses that are not killed by cooking and can subsequently cause food poisoning. Whenever water or soup is added, food should be picked up only after it is boiled thoroughly. Seafood such as shellfish should be boiled for at least five minutes and it should be ensured that all foods are cooked thoroughly before consumption. Some people may use beaten raw eggs as a dipping sauce for hotpot, but raw eggs may contain Salmonella that can cause food poisoning. The public is not advised to eat raw eggs or dip cooked food into any mixed sauce of raw eggs.

Safe handling of leftovers

Large holiday meals could leave you with leftovers, such as steamed puddings and fried dumplings, to dig in for days. For the sake of food safety, all perishables should be refrigerated within two hours of being cooked or cooled, and discard items that have been left out for longer than four hours. To minimise spoilage, leftovers should be kept in clean and airtight containers, and refrigerated within two hours

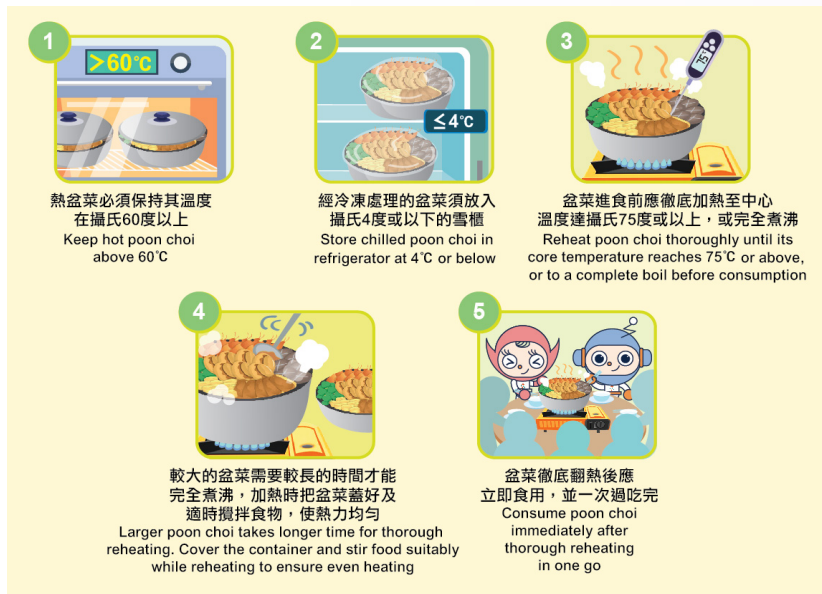


圖2: 進食盆菜的食物安全貼士
Figure 2: Food safety tips of eating poon choi

物，確保食物的中心溫度至少達到攝氏75度，並只應翻熱一次。進食前應查看食物的到期日，若已過了「此日期或之前食用」日期，應把食物丟棄，同時應注意過了「此日期前最佳」日期的食品品質。利用嗅覺並不是判別食物是否能安全食用的適當方法，因為即使過了「此日期或之前食用」日期，食物的外觀及氣味也可能正常。任何存放在雪櫃超過三天的食物均應棄置。

無論在家中或餐廳，要吃得安全又健康，便應遵守「食物安全五要點」，並保持均衡飲食。多進食含大量膳食纖維的蔬菜，避免糖、鹽及脂肪含量高的食物。

of finishing preparation. All leftovers should be reheated thoroughly with the core temperature of food reaching at least 75°C, and they should only be reheated once. Take note of the expiry dates of the food items before consumption. Food beyond its "use by" date should be discarded; be wary of the quality of food beyond the "best before" date. A 'sniff test' is not an appropriate method for testing if food is safe to eat, as food can look and smell fine even after the "use by" date has passed. Any leftovers that have been kept in the refrigerator for more than three days should be disposed of.

To enjoy meals safely and healthily, whether at home or in restaurants, follow "the Five Keys to Food Safety" and eat a balanced diet. Consume more vegetables high in dietary fibre and avoid foods heavy in fat, sugar, and sodium.

觀賞植物適合食用嗎？ Are Decorative Plants Suitable for Consumption?

農曆新年期間，市民家中常會擺放觀賞植物如沙柑或水仙盆栽，寓意富貴吉祥。部分人或會以為這些觀賞植物的某些部分可供食用，但其實當中可能含有化學物或毒素，並不適合供人食用。

部分人會在農曆新年過後收集沙柑和桔作為食物或鹽醃金桔。為保持植物賣相吸引並杜絕害蟲，這些植物或會在整個出產過程中及出售前被噴灑未經批准的除害劑。果實上的除害劑殘餘含量或會超出食物安全水平。此外，水仙等觀賞植物可能含有石蒜鹼等毒素，進食後可引發腸胃症狀。過去本港及外地均曾出現多宗有人誤把水仙球根當作洋蔥或球莖茴香、水仙葉當作韭菜的個案。

觀賞植物並不是種植作食物用途，市民應避免進食。業界及市民應購買和進食來自可靠來源的食物。

During the Lunar New Year, it is common to display homes with decorative plants, such as potted mandarin orange or Narcissus, which symbolise prosperity and good fortune. Some may consider that some parts of these decorative plants are edible, yet they may contain chemicals or toxins which are not fit for human consumption.

Some peoples collect mandarin oranges and tangerines after the Lunar New Year for food or salted citrus. To keep plants appealing and avoid pests, they may be sprayed with unapproved pesticides throughout production and before sale. The pesticide residues on the fruits may exceed food safety levels. Besides, ornamental plants like Narcissus may contain toxins like lycorine that can cause gastrointestinal symptoms if consumed. There have been reports of people mistaking bulbs for onions, fennel bulbs and its leaves for Chinese chives both locally and abroad.

Decorative plants are not grown for consumption. It is advisable to avoid eating these ornamental plants. The trade and the public should purchase and consume food from reliable sources.

《2021年食物內有害物質（修訂）規例》2023年分階段生效 Harmful Substances in Food (Amendment) Regulation 2021 to Commence in Phases in 2023

《2021年食物內有害物質（修訂）規例》（《修訂規例》）已於2021年7月通過，旨在加強規管食物中的霉菌毒素，以及訂定或更新其他有害物質在食用油脂、調味品和擬供嬰兒食用的配方產品中的最高含量。《修訂規例》也根據世界衛生組織的建議，將部分氫化油（即工業生產的反式脂肪酸的主要來源）列為食物中的違禁物質。有關修訂能從源頭消除工業生產的反式脂肪酸，保障市民健康。

訂明在食物中霉菌毒素及其他有害物質的最高含量的相關條文將於2023年6月1日生效，將部分氫化油列為違禁物質的相關條文及相關標籤規定則於2023年12月1日生效。業界應確保所出售的食物符合法規規定。食物工業可減少反式脂肪並取代工業生產反式脂肪，從而生產較健康的食物。消費者應保持均衡飲食，進食各種蔬果。

The Harmful Substances in Food (Amendment) Regulation 2021 was passed in July 2021. It aims to strengthen the regulatory control of mycotoxins in food, as well as setting or updating maximum levels for other harmful substances in edible fats and oils, condiments or formula products intended for infants. In accordance with the World Health Organization's recommendation, the Amendment Regulation also lists partially hydrogenated oil (PHO), the main source of industrially produced trans fatty acids (IP-TFAs), as a prohibited substance in food. Such amendment serves to eliminate IP-TFAs at source to protect public health.

The maximum levels of mycotoxins and other harmful substances in food will come into force on 1 June 2023, and provisions on prohibiting PHO and the associated labelling requirements will take effect on 1 December 2023. The trade should ensure food sold complies with the legislation. Food industries can produce healthier food by reducing trans fats and replacing IP-TFAs. Consumers should maintain a balanced diet comprising a wide variety of fruits and vegetables.



風險傳達工作一覽（二零二二年十二月）

Summary of Risk Communication Work (December 2022)

事故/ 食物安全個案 Incidents/ Food Safety Cases: 236	公眾查詢 Public Enquiries: 73	業界查詢 Trade Enquiries: 128	食物投訴 Food Complaints: 335	給業界的快速警報 Rapid Alerts to Trade: 8
給消費者的食物警報 Food Alerts to Consumers: 6	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: 55	上載到食物安全中心網頁的新訊息 New Messages Put on the CFS Website: 59	