

食物安全

5 Keys to Food Safety

五

要點



遵從五大要點
確保食物安全

Follow five keys
to ensure food safety



食物安全中心
Centre for Food Safety

www.cfs.gov.hk

1

精明選擇

Choose

選擇新鮮及衛生的食物



Choose fresh and wholesome food

不要購買已破損、脹起或生銹的罐頭



Do not buy damaged, swollen or rusty cans

不要選購已過期的食物



Do not use food after its expiry date



你知道嗎?

已破損及發霉的食物可能含有有毒化學物或致病微生物

Do you know?
Toxic chemicals and dangerous microorganisms may be present in damaged and mouldy food

2

保持清潔 Clean

用溫水及梘液清洗雙手



20秒

Wash hands with warm soapy water for 20 seconds

用熱水及清潔劑清洗用具及工作枱



Wash utensils and worktops with hot water and detergent

保持廚房清潔



Keep kitchen clean

你知道嗎?

經常清潔雙手、
用具及工作枱可預防
微生物散播

Do you know?

Cleaning hands, utensils and worktops regularly can prevent the spread of microorganisms



3 生熟分開 Separate

避免生的食物及其汁液污染其他食物



Prevent raw food and their juices from contaminating other food items

用不同的用具處理生熟食物



Use separate utensils to handle raw and cooked food

蓋好食物，生的食物放於熟食之下



Store food in containers and put raw food below cooked food

你知道嗎?

將生的食物
與熟食及即食食物
分開以預防交叉污染

Do you know?

Separate raw food from cooked and ready-to-eat food to avoid cross-contamination

4 煮熟食物 Cook

煮熟的肉類及肉汁不應呈現紅色



Cooked meat and its juices should not be red

湯羹及燉類食物要煮沸並維持最少一分鐘



一分鐘

Bring soups and stews to a boil and continue to boil for at least 1 minute

確保食物中心溫度達到最少

Ensure that the core temperature of food should reach at least 75°C



75°C

你知道嗎?

徹底煮熟食物
可以殺死
絕大部分微生物

Do you know?
Thorough cooking can
kill almost all
microorganisms

5

安全溫度

Safe temperature

不要將熟食放於室溫



超過2小時

Do not leave cooked food at room temperature for more than two hours

盡快把吃剩及容易腐壞的食物冷藏於



4°C
或以下

Refrigerate promptly leftovers and perishable food at or below 4°C

你知道嗎?

安全溫度
可阻止或減慢
細菌在食物中生長

Do you know?

Keep food at safe temperature can stop or slow down bacterial growth in food

熟食於食用前應熱存放於



60°C
以上

Keep cooked food piping hot (above 60°C) prior to serving



食物環境衛生署
Food and Environmental
Hygiene Department