

唔熟唔食

ALWAYS

WELL

DONE

生冷食物要留神
避開中毒和惡菌

未熟干祈咪照吞
長者安康又放心

The elderly should avoid eating raw or undercooked foods to reduce the risk of food poisoning or contracting superbugs



生或未熟的蛋
Raw or undercooked eggs



生及冷熏海鮮
Raw and cold smoked seafood



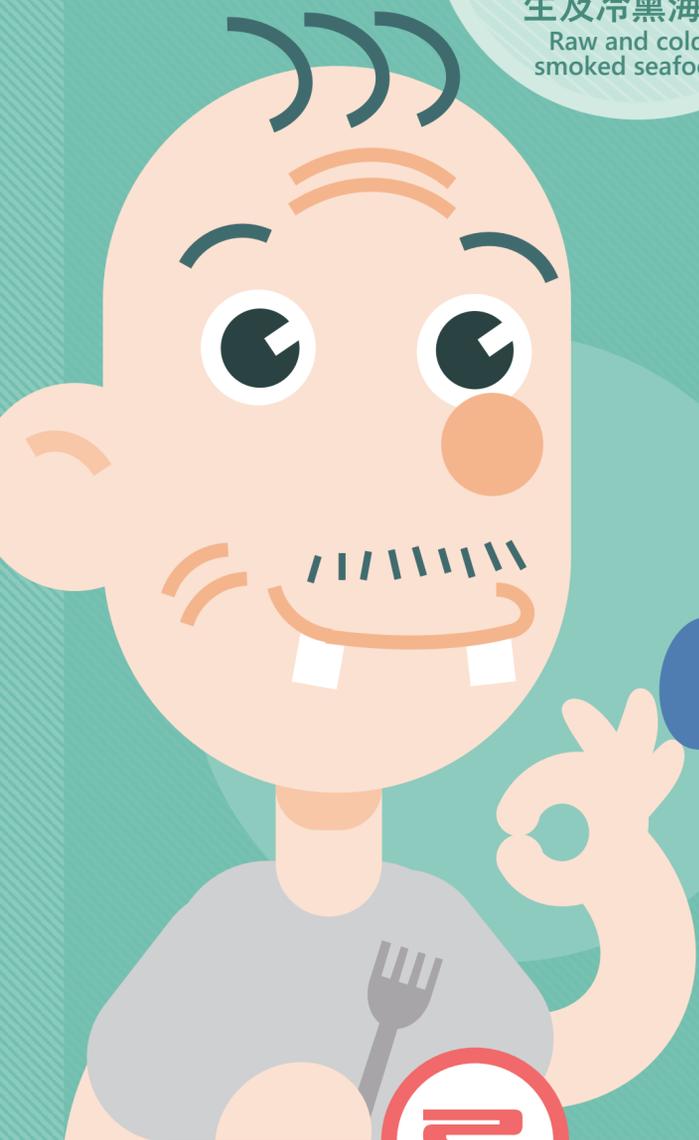
預先包裝沙律菜
Prepackaged salad greens



生或未熟的肉類及內臟
Raw or undercooked meat and offal



生乳芝士
Raw milk cheese



忌

黏軟難嚼 不慎哽喉

Avoid sticky and difficult-to-chew foods to prevent choking



宜

徹底煮熟 生熟分開

Cook thoroughly
Separate raw and cooked foods



食安小隊分享
今晚食乜好

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great dinner ideas

