

生冷食物

要留神

Know Your High-risk Foods

嬰幼兒免疫系統尚在發育，
應避免進食生或未熟的食物，
以減低食物中毒或感染超級細菌風險

Infants and young children, with their immune systems still in development, should avoid eating raw or undercooked foods to reduce the risk of food poisoning or contracting superbugs



為孩子健康把關

To safeguard your children's health

1 徹底煮熟 Cook thoroughly
包括生、加工及剩餘的食物

2 生熟分開 Separate raw and cooked foods
避免交叉污染

3 精明選擇 Choose wisely when eating out
出外用餐時查閱餐牌或詢問店員



生或未熟的蛋
Raw or undercooked eggs



以生蛋製作的甜品
Desserts made with raw eggs



生及冷熏海鮮
Raw and cold smoked seafood



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



預先包裝沙律菜
Prepackaged salad greens



蜜糖
Honey

食安小隊與你
分享親子下廚樂
Fun kitchen time
with your family

