

# 食物安全

5 Keys to Food Safety

五

要點



COOK  
4

煮熟食物

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

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



75°C

Ensure that the core temperature of food should reach at least 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

