食物安全
5 Keys to Food Safety

五要點

安全溫度
Safe Temperature 5

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

純鮮牛奶
Milk
造牛油
argarine

4°C 或以下

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

熟食於食用前應熱存於

60°C 以上

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

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