1 精明選擇 Choose

選擇新鮮及衞生的食物

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

07.05.08
此日期前食用 USE BY

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

REUSABLE BAG

2 保持清潔 Clean

用清水及梘液清洗雙手

20秒

Wash hands with 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

熟食物

生食物

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

4°C 或以下

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

湯羹及炆燉類食物要煮沸並維持最少

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

一分鐘

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

Milk

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

4°C 或以下

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

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

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