溫度控制的重要

將食物貯存在不適當的溫度下，容易滋生細菌，例如沙門氏菌、金黃葡萄球菌、副溶血性弧菌等。由購買、製造、存放以至進食的整個流程中，正確的溫度控制可有效預防食物中毒。適合細菌生長的溫度範圍稱為"危險溫度範圍"，亦即指**攝氏4至60度之間**。

Importance of temperature control

Storing food at improper temperature will allow the growth of bacteria, such as Salmonella, *Staphylococcus aureus* and *Vibrio parahaemolyticus*. Proper temperature control throughout the food preparation process from purchasing, production, storing to serving can prevent food poisoning. Most bacteria grow and multiply rapidly at temperature **between 4°C and 60°C**. This temperature range is called "Temperature Danger Zone".

要有效地預防細菌滋生，食物須存放在適當的溫度下，切忌把食物放於攝氏4至60度之間。

To prevent bacterial growth, food should be kept at proper temperature. Avoid the "Temperature Danger Zone" between 4°C and 60°C.

低溫貯存只可抑制細菌生長，而高溫才是消滅細菌的最有效方法。食物要徹底煮熟，令其中心溫度達至**攝氏75度或以上至少30秒**。使用食物溫度計可有效地監察食物的溫度。

Keeping food at a low temperature can only inhibit bacterial growth. The most effective way to destroy bacteria is high temperature treatment. Therefore, food should be cooked thoroughly and the core temperature of food should reach **75°C or above for at least 30 seconds**. Using a food thermometer can measure and monitor the temperature of food effectively.

要有效地消滅細菌，食物必須徹底煮熟，
食物的中心溫度須達至攝氏75度或以上至少30秒。

To destroy bacteria, food should be cooked thoroughly
with core temperature of 75°C or above for at least 30 seconds.

溫度控制小貼士
Tips for proper control of temperature

食物貯存 Food storage

- 容易變壞的食物＊（如牛奶及肉類）應存放在
  - 攝氏4度或以下；或
  - 攝氏60度以上。
- 冷凍食物應存放在攝氏4度或以下的雪櫃內，冷藏食物則應存放在攝氏零下18度或以下的雪櫃內。

＊容易變壞的食物應在食用期限前盡快進食。

- Perishable food* (such as milk and meat) should always be kept at temperature of either
  - 4°C or below; or
  - above 60°C
- Chilled and frozen food should be stored at 4°C or below and −18°C or below respectively.

* Perishable food should be consumed as soon as possible before the date of expiry.

解凍食物 Thawing

- 冷藏食物不應在室溫下解凍，正確的解凍方法是：
  - 在攝氏0至4度的雪櫃內解凍；
  - 在流動的冷自來水下解凍；或
  - 使用微波爐解凍。

- Frozen food should not be thawed at room temperature. Proper methods are:
  - thawing in the refrigerator (i.e. under 0−4°C);
  - thawing under cold running water; or
  - using a microwave oven.

烹煮／翻熱 Cooking and reheating

- 食物要徹底煮熟或翻熱，直至中心溫度達攝氏75度或以上至少30秒。

- Food should be cooked or reheated thoroughly until its core temperature reaches 75°C or above for at least 30 seconds.

食物展示 Food display and serving

- 容易變壞的食物應展示在
  - ◆ 攝氏4度或以下；或
  - ◆ 攝氏60度以上。
- 如食物展示在危險溫度範圍（攝氏4至60度）內，停留時間**不應超過4小時。**
- 展示在室溫少於兩小時的食物，可放入雪櫃待用或在時限4小時內食用。
- 展示在室溫超過兩小時但少於4小時的食物，應在時限4小時內食用但不應再放入雪櫃待用。
- 展示在室溫超過4小時的食物應棄掉。

- Perishable food should be displayed at either
  - ◆ 4°C or below; or
  - ◆ above 60°C
- If food is displayed within the "Temperature Danger Zone (4°C to 60°C)", **the keeping time should not exceed 4 hours.**
- If food is displayed at room temperature for less than 2 hours, it can be refrigerated for final use later or used before the 4-hour limit is up.
- If food has been displayed at room temperature for more than 2 hours but less than 4 hours, it should be used before the 4-hour limit is up but it cannot be refrigerated for final use later.
- If food has been displayed at room temperature for more than 4 hours, it should be discarded.

查詢

食物環境衞生署

24小時熱線：	2868 0000
傳達資源小組：	2381 6096
網址：	www.cfs.gov.hk
電郵：	enquiries@fehd.gov.hk

Enquiries

Food and Environmental Hygiene Department

24-hour Hotline:	2868 0000
Communication Resource Unit:	2381 6096
Website:	www.cfs.gov.hk
E-mail:	enquiries@fehd.gov.hk

食物環境衞生署
**Food and Environmental
Hygiene Department**