

# 食物安全

5 Keys to Food Safety

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## 遵從五大要點 確保食物安全

Follow five keys  
to ensure food safety

### 1 精明選擇 Choose



向衛生和可靠的店鋪選購食物  
Buy food from hygienic  
and reliable shops

### 2 保持清潔 Clean



處理食物前及過程中，  
要正確清洗雙手及用具  
Wash hands and utensils properly  
before and during food preparation

### 4 煮熟食物 Cook



將食物徹底烹煮或  
翻熱至滾熱  
Cook or reheat food until it is  
steaming hot throughout

### 3 生熟分開 Separate



用不同的刀及砧板分開處理生熟食物  
Use separate knives and cutting boards to  
handle raw and cooked food

### 5 安全溫度 Safe temperature



4°C  
或以下

盡快把吃剩的食物放入  
攝氏四度或以下的雪櫃  
Put leftovers promptly in the  
refrigerator at or below 4°C

