

給食物業的食物安全指引- 預先切開水果和新鮮蔬果汁

Food Safety Guidelines for Food Businesses on Pre-cut Fruits and Fresh Fruit and Vegetables Juices



引言

Introduction

- 將新鮮農產品加工成預先切開的食品或蔬果汁會破壞農產品的天然外部屏障，增加細菌生長和污染的風險。
- Processing fresh produce into fresh-cut products or juices increases the risk of bacterial growth and contamination by breaking the natural exterior barrier of the produce.

引言

Introduction

- 預先切開水果和蔬果汁一般是冷喝的，被視為高風險食物。
- Pre-cut fruits and fresh juices, often served cold, are considered high-risk foods.

引言

Introduction

- 若在處理新鮮農產品的過程中沒有保持良好個人及環境衛生，也會增加食物受抗菌素耐藥性微生物（即“超級細菌”）污染的風險。
- The processing of fresh produce without proper personal and environmental hygiene can increase the risk of contamination by microorganisms with antimicrobial resistance (i.e., “superbugs”).

預先切開水果和蔬果汁常見的食物安全問題

Common food safety problems related to pre-cut fruits and fresh juices

- 原材料含致病菌、霉菌、有害化學物及 / 或異物
- Presence of disease-causing bacterial, mould, hazardous chemicals and/or foreign material in raw materials



預先切開水果和蔬果汁常見的食物安全問題

Common food safety problems related to pre-cut fruits and fresh juices

- 食材在配製過程中受污染
- Contamination of ingredients during preparation



預先切開水果和蔬果汁常見的食物安全問題

Common food safety problems related to pre-cut fruits and fresh juices

- 貯存狀況及溫度不當
- Improper storage conditions or temperatures



配製預先切開水果和蔬果汁的食物安全措施

Food safety measures for the preparation of pre-cut fruits and fresh juices

(1) 採購及收貨

Purchase and receiving

例如：採購時應選擇來自可靠來源的食材及沒有瘀傷或破損的水果和蔬菜。

e.g. When making purchases, choose food ingredients from reliable sources and fruits and vegetables that are not bruised or damaged.



配製預先切開水果和蔬果汁的食物安全措施

Food safety measures for the preparation of pre-cut fruits and fresh juices

(2) 貯存新鮮蔬果

Storage of fresh fruits/vegetables

例如：不要把新鮮農產品與生的食物（如生的肉類、
家禽和海產）存放在一起，以免交叉污染。

e.g. Store fresh produce away from raw foods, such as
raw meat, poultry and seafood, to avoid
cross-contamination.

配製預先切開水果和蔬果汁的食物安全措施

Food safety measures for the preparation of pre-cut fruits and fresh juices

(3) 配製 Preparation

例如 e.g.

- 棄掉任何外部及 / 或內部受損或發霉的新鮮農產品。
Remove any externally and/or internally damaged or mouldy fresh produce.
- 以流動的自來水徹底洗淨所有新鮮農產品，並盡可能在專用洗滌槽中清洗。
Wash all fresh produce thoroughly under running water and, ideally in a sink exclusive for this use.



配製預先切開水果和蔬果汁的食物安全措施

Food safety measures for the preparation of pre-cut fruits and fresh juices

(4) 供應/包裝 Dish Serving / Packing

例如: 配製好的預先切開水果和蔬果汁如非供即時食用，應置於清潔並且有密封蓋子的容器內，存放在攝氏4度或以下。

e.g. Keep pre-cut fruits/fresh juices, which are not for immediate use, in clean containers with close-fitting covers at **4°C or below**.



配製預先切開水果和蔬果汁的食物安全措施

Food safety measures for the preparation of pre-cut fruits and fresh juices

(5) 展示 Display

例如：每天定時檢查已包裝的預先切開水果 / 蔬果汁有沒有損壞、變壞，以及有沒有汁液溢出。

e.g. Inspect prepackaged pre-cut fruits/fresh juices on a regular basis throughout the day for damage, breakdown and spillages.

給食物處理人員的個人及環境衛生建議

Advice on Personal and Environmental Hygiene for Food Handlers

- 個人衛生 Personal Hygiene
- 環境衛生 Environmental Hygiene

個人衛生建議

Advice on Hygiene for Food Handlers

例如/e.g.:

- 穿著清潔的工作服。
Wear clean overalls.
- 在處理食物前、如廁後或觸摸不潔物品後（例如清理垃圾或觸摸金錢後），要徹底清洗雙手，用梘液搓手最少 20 秒。
Wash hands thoroughly before handling food, after using the toilet or after touching unclean items (e.g., after handling garbage or cash). Rub hands with liquid soap for at least 20 seconds.

環境衛生建議

Advice on Environmental Hygiene for Food Handlers

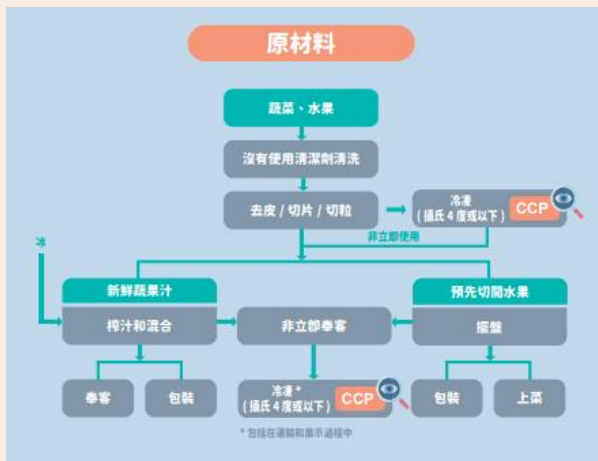
例如/e.g.:

- 洗手及乾手設施應設於食物配製或製作區的適當位置，並備有洗手液。可能的話，洗手設施應配備無須用手開關的水龍頭和即棄紙巾。

Hand washing and drying facilities should be suitably located in food preparation or production areas and supplied with liquid hand soap. Where possible, hand washing facilities should be equipped with non-hand-operated taps and single-use towels.

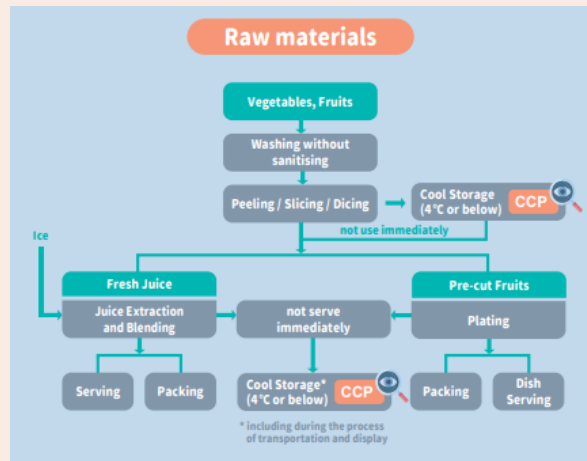
配製預先切開水果和蔬果汁的製作流程圖

Flow diagram of pre-cut fruits and fresh juices production



食物安全管理系統

推行一個防患於未然的食物安全管理系統（如以“食物安全重點控制”系統為本的食物安全計劃），以在製造過程的每個環節中確定及控制食物安全問題。詳情請參閱“如何推行食物安全計劃”。



Food safety management system

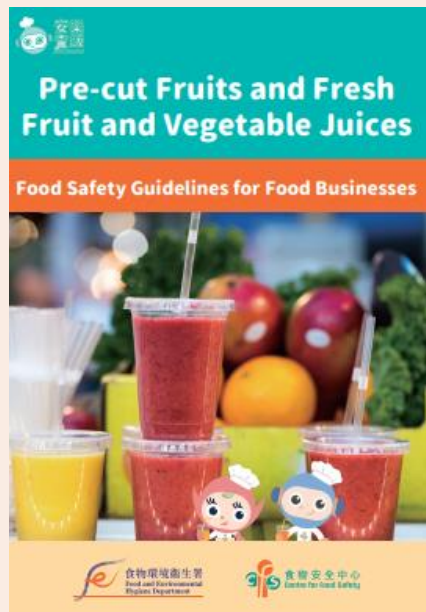
Implement a preventive food safety management system (such as the HACCP-based Food Safety Plan) to identify and control food safety problems at every stage of the food manufacturing process. Please refer to the “How to Implement a Food Safety Plan” for details.



預先切開水果和蔬果汁是即食食物。由於預先切開水果和蔬果汁沒有經過熱處理，未能消滅當中可能存在的細菌，若處理不當，便可能會被食源性病原體和「超級細菌」污染，或會對人類健康構成嚴重威脅。因此，在配製這種食物時保持良好個人、環境和食物衛生至關重要。



Pre-cut fruits and fresh juices are example of a ready-to-eat food. They can become contaminated by foodborne pathogens and "superbugs" if not handled properly because there is no heat treatment to kill any bacteria that may be present. This can pose a serious health threat to human health. As a result, it is critical to maintain a high level of personal, environmental and food hygiene when preparing the food.



謝謝
Thank you

