



致食物安全電子資訊訂閱者：

Dear E-news recipients,

以下資訊已上載到食物安全中心(中心)網站：

News on the Centre for Food Safety (CFS) online:

### 慎防與五指毛桃相似的有毒植物

#### **Beware of toxic plants resembling *Radix Fici Simplicissimae***

五指毛桃為一種桑科植物的根部，是一種近年頗受歡迎的煲湯材料。雖然五指毛桃無毒，但由於在山野常與一些有毒植物(如斷腸草 - 一種有毒的馬錢科植物)同地生長，而且五指毛桃與這些有毒植物的外形相似，故採挖五指毛桃時，可能混入有毒的植物。香港過往亦有因進食懷疑摻雜了有毒植物的五指毛桃而導致中毒的事件發生。

*Radix Fici Simplicissimae* is the root of a plant belongs to the Moraceae family and is one of the popular ingredients used to prepare soup in recent years. Although *Radix Fici Simplicissimae* is not toxic, it grows in the wild in areas where some toxic plants are prevalent, such as *Gelsemium elegans* (a toxic plant belongs to the Loganiaceae family). The appearance of these plant species is similar and may be mixed up during harvesting. In Hong Kong, there were poisoning cases involving consumption of *Radix Fici Simplicissimae* suspected to be contaminated with toxic plants.

中心給市民的建議:

- 避免採食野生植物。
- 購買食物要光顧可靠的零售商。
- 切勿進食非供食用的植物。如有懷疑，便不要進食。
- 如服用植物後出現不適，應立即徵詢醫護人員的意見。

CFS's advice to the Public:

- Avoid picking wild plants for food.
- Source food from reliable retailers.
- Do not consume plants that are not known to be edible. If in doubt, better not to consume them.
- Members of the public should seek advice from healthcare professionals immediately if they feel unwell after consuming the plants.

詳情請參閱以下網頁：

Please click into the website for details:

中文：

[https://www.cfs.gov.hk/tc\\_chi/whatsnew/whatsnew\\_fst/whatsnew\\_fst\\_toxic\\_plants\\_resembling\\_Radix\\_Fici\\_Simplicissimae.html](https://www.cfs.gov.hk/tc_chi/whatsnew/whatsnew_fst/whatsnew_fst_toxic_plants_resembling_Radix_Fici_Simplicissimae.html)

English:

[https://www.cfs.gov.hk/english/whatsnew/whatsnew\\_fst/whatsnew\\_fst\\_toxic\\_plants\\_resembling\\_Radix\\_Fici\\_Simplicissimae.html](https://www.cfs.gov.hk/english/whatsnew/whatsnew_fst/whatsnew_fst_toxic_plants_resembling_Radix_Fici_Simplicissimae.html)

### 生蠔與食物安全

#### **Raw Oysters and Food Safety**

蠔的吃法五花八門，酥炸、火鍋等不一而足，而部份市民可能選擇享用生蠔。市民如選擇享用生蠔，應注意相關的風險。蠔因為其生長特性而較易受病原體(包括細菌和病毒)及化學污染物污染。假如進食了受病原體污染的生蠔，可引致食物中毒，危害健康。

There are different ways to enjoy oysters, including deep fried, hot-pot and some members of the public may choose to eat raw oysters. If consumers choose to eat raw oysters, they should be aware of the associated risk. Due to their specific growing nature, oysters can be easily contaminated by pathogens (including bacteria and viruses) and chemical contaminants. Consumption of raw oysters contaminated with pathogens may cause food poisoning, affecting our health.

選擇享用生蠔的市民應留意以下的安全要點：

- 高風險人士(長者、幼童、孕婦和免疫力較弱的人及肝病患者)應避免進食生蠔。
- 進食生蠔有潛在的風險。為減低對健康的影響，無論外賣或堂食，都應光顧可靠的持牌店鋪。
- 選擇享用生蠔的市民應遵守食物安全五要點，以減低風險。
- 切勿生吃只供熟食(即須烹煮)的蠔。

Consumers who choose to eat raw oysters are advised to take note of the following food safety tips:

- Susceptible populations (the elderly, young children, pregnant women and people with weakened immune systems or liver diseases) should avoid taking raw oysters.
- Eating raw oysters carries inherent food safety risk. To minimise the impact on health, raw oysters should only be consumed in or obtained from reliable licensed premises.

- Consumers choose to eat raw oysters are reminded to apply the Five Keys to Food Safety to mitigate the risk.
- For oysters intended for consumption after cooking, never eat them raw.

詳情請參閱以下網頁：

Please click into the website for details:

中文：

[https://www.cfs.gov.hk/tc\\_chi/whatsnew/whatsnew\\_fst/whatsnew\\_fst\\_Raw\\_oysters\\_and\\_food\\_safety.html](https://www.cfs.gov.hk/tc_chi/whatsnew/whatsnew_fst/whatsnew_fst_Raw_oysters_and_food_safety.html)

English:

[https://www.cfs.gov.hk/english/whatsnew/whatsnew\\_fst/whatsnew\\_fst\\_Raw\\_oysters\\_and\\_food\\_safety.html](https://www.cfs.gov.hk/english/whatsnew/whatsnew_fst/whatsnew_fst_Raw_oysters_and_food_safety.html)

### **2021年度食物業界講座及「食物安全重點控制」工作坊**

#### **2021 Trade Talk and workshop on HACCP**

中心於本年四月至十一月期間舉辦二零二一年度食物業界講座及「食物安全重點控制」工作坊。這個活動主要是向食物業從業員宣傳正確處理食物的方法。透過政府及業界的通力合作和積極參與，向他們推廣採用「食物安全重點控制」系統及在食物製造過程中實施「食物安全計劃」，使食物安全水平得以提升。

CFS is organising the Centre for Food Safety Trade Talk and Workshop on HACCP 2021 which starts to take place from April through November 2021. The objective of the program is to publicize proper food handling to employees of food business. Coupled with the active participation and collaboration between the government and stakeholder, the Campaign also promotes the adoption of the “Hazard Analysis and Critical Control Point (HACCP)” System and the development of “Food Safety Plan” in food processing, thereby enhancing food safety.

詳情請參閱以下網頁：

Please click into the webpage for details:

中文：

[https://www.cfs.gov.hk/tc\\_chi/whatsnew/whatsnew\\_act/whatsnew\\_act\\_2021\\_Trade\\_Talk\\_and\\_workshop\\_on\\_HACCP.html](https://www.cfs.gov.hk/tc_chi/whatsnew/whatsnew_act/whatsnew_act_2021_Trade_Talk_and_workshop_on_HACCP.html)

English:

[https://www.cfs.gov.hk/english/whatsnew/whatsnew\\_act/whatsnew\\_act\\_2021\\_Trade\\_Talk\\_and\\_workshop\\_on\\_HACCP.html](https://www.cfs.gov.hk/english/whatsnew/whatsnew_act/whatsnew_act_2021_Trade_Talk_and_workshop_on_HACCP.html)

### **2021年1月份食物安全報告**

#### **Food Safety Report for January 2021**

中心每月公布「食物安全報告」，分享食物監測結果，令市民可適時獲得最新的食物安全資訊。

To deliver the latest food safety information timely to the public, the CFS announces

the monthly “Food Safety Report”, sharing the food surveillance results.

有關之新聞公報請瀏覽以下網頁：

Please visit the webpage for related press release:

中文：

[https://www.cfs.gov.hk/tc\\_chi/press/20210226\\_8539.html](https://www.cfs.gov.hk/tc_chi/press/20210226_8539.html)

English:

[https://www.cfs.gov.hk/english/press/20210226\\_8539.html](https://www.cfs.gov.hk/english/press/20210226_8539.html)

食物安全中心

Centre for Food Safety

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