



Dear E-news recipients,

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

(1) Hepatitis A and Food

Hepatitis A is caused by hepatitis A virus (HAV) leading to inflammation of the liver cells. HAV can be transmitted via contaminated food, water or environmental objects, and through direct or indirect person-to-person contact. Furthermore, cross contamination and poor personal hygiene of food handlers may contribute to the spread of HAV.

Foodborne hepatitis A infection could be prevented effectively by practising the "Five Keys to Food Safety".

Please click into the webpage for details:

https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_105_03.html

(2) Bacteria and viruses that cause food poisoning

Bacteria and viruses are the most common causative agents of foodborne illnesses. Bacteria grow rapidly in foods that are warm, rich in moisture or protein and low in acidity. Milk, shell eggs, poultry, fish, meat and shellfish are common foods susceptible to bacteria growth. Although viruses cannot grow in food or water, a small number of viral particles can cause sickness when consuming the contaminated food.

Please click into the webpage for details:

https://www.cfs.gov.hk/english/trade_zone/safe_kitchen/Bacteria_and_viruses_that_cause_food_poisoning.html

(3) Bacteria in Raw Meat vs Cooked Meat

Meat has potential to carry foodborne pathogens that can cause illness and lead to food safety problems. These pathogenic bacteria are able to invade our bodies or produce toxins to cause illness. They cannot be seen or smelled on the meat, but can generally be killed by normal cooking conditions (i.e. cooking to a core temperature of at least 75°C instantaneously or other effective time/ temperature combinations).

Nevertheless, if there are subsequent lapses in food safety practices, food poisoning may

still occur. To start with, raw meat may be contaminated with spores of certain pathogenic bacteria (e.g. Clostridium perfringens) and spores are not readily destroyed by normal cooking temperature. Heat of cooking can rather activate the spores to germinate and develop into vegetative cells which can multiply rapidly in foods that are placed at ambient temperature for a long period. Consuming foods that contain high levels of Clostridium perfringens vegetative cells may lead to foodborne illness.

In addition, pathogenic bacteria may be introduced into the ready-to-eat cooked meat through cross-contamination and multiply to larger amount as a result of time and temperature abuse of the food, causing foodborne illness in consumers.

Please click into the webpage for details:

https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_130_02.html

(4) Always Look Out for High-risk Foods

What comes to your mind when you hear the term ‘high-risk foods’? Sushi? Sashimi? Or raw oysters? Raw or undercooked food are generally high-risk foods. You may not notice that some common dishes may contain raw or undercooked ingredients, such as mango pudding made with raw eggs, smoked salmon sandwiches, and congee made with undercooked beef. The CFS would like to share with the public, especially susceptible populations, on how to be vigilant about high-risk foods in their daily diet. At the same time, the CFS would also like to urge the food trade on what efforts can be made for empowering consumers to make informed choices about high-risk foods.

Please click into the webpage for details:

https://www.cfs.gov.hk/english/whatsnew/whatsnew_act/High_Risk_Food.html

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