

食物溫度控制好

4至60風險高

Control Food Temperature Properly

4 to 60 Degrees is Risky

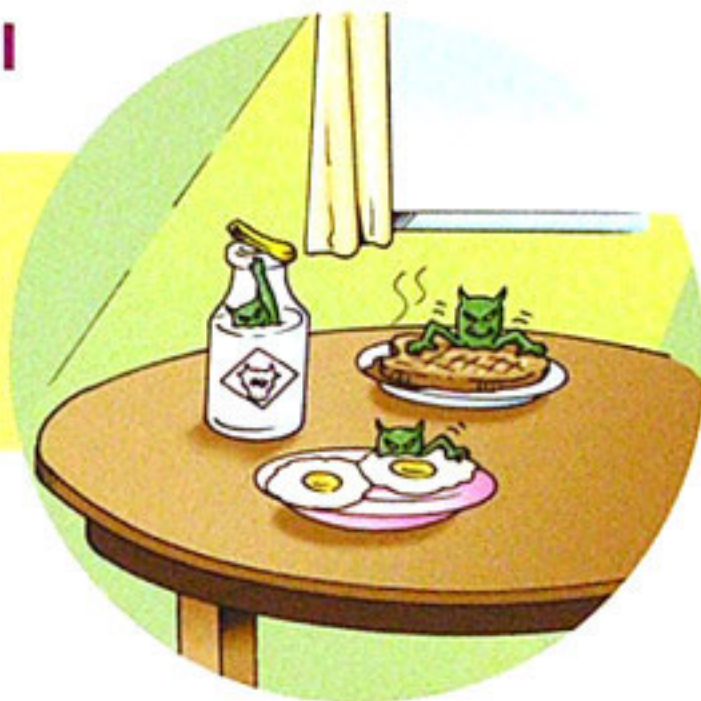


溫度控制的重要性

Importance of temperature control

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、金黃葡萄球菌及副溶血性弧菌等。

Storing food at improper temperature would allow the growth of bacteria, such as *Salmonella* spp, *Staphylococcus aureus* and *Vibrio parahaemolyticus*.

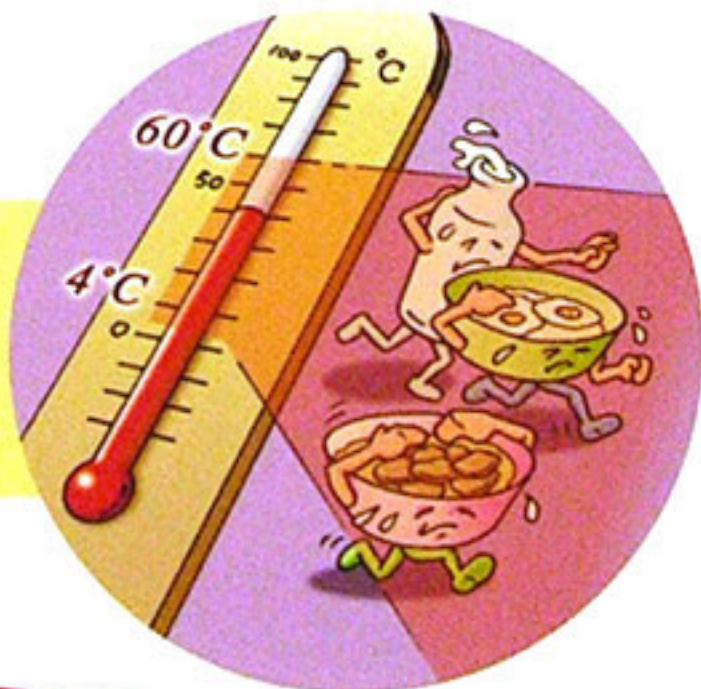


由購買、製造、存放以至進食的整個流程中，正確的溫度控制可有效預防食物中毒。

Proper temperature control throughout the food preparation process from purchasing, production, storing to serving can prevent food poisoning.

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。

Most bacteria grow and multiply rapidly at temperature between 4°C and 60°C. This temperature range is called "Temperature Danger Zone".



要有效預防細菌滋生，食物須存放在適當的溫度下，切勿放置食物於攝氏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.

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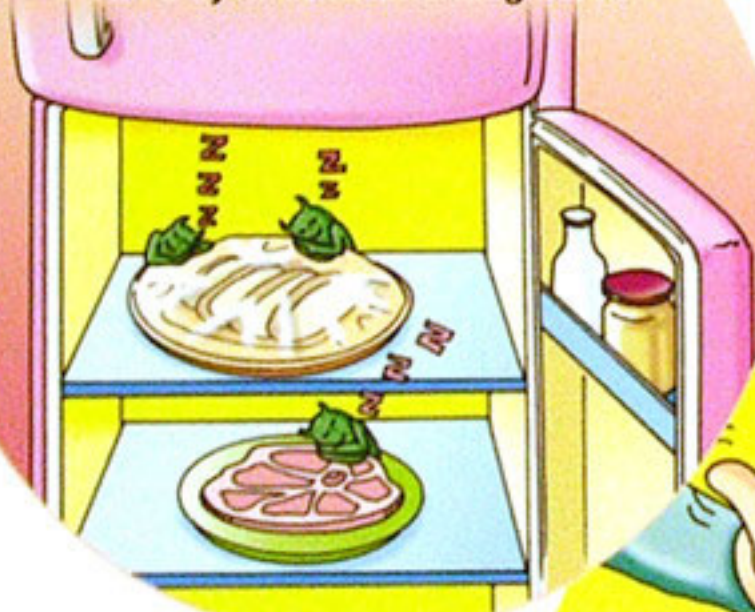


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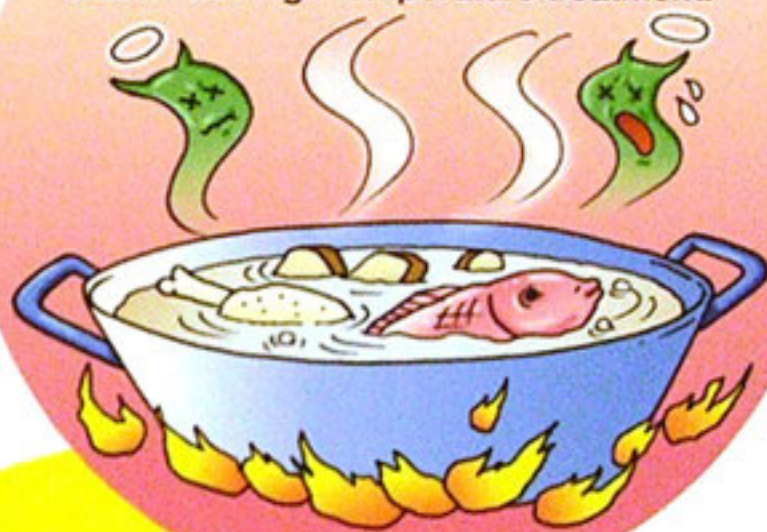
低溫貯存只可抑制細菌生長

Keeping food at a low temperature can only inhibit bacterial growth.



而高溫才是消滅細菌的最有效方法

The most effective way to destroy bacteria is high temperature treatment.



食物要徹底煮熟，令其中心溫度達至攝氏75度或以上，使用食物溫度計可有效監察食物的溫度。

Therefore, food should be cooked thoroughly and the core temperature of food should reach at least 75°C.

Using 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。

To destroy bacteria, food should be cooked thoroughly
with a core temperature of 75°C or above.

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溫度控制小貼士

Tips for proper control of temperature

食物貯存

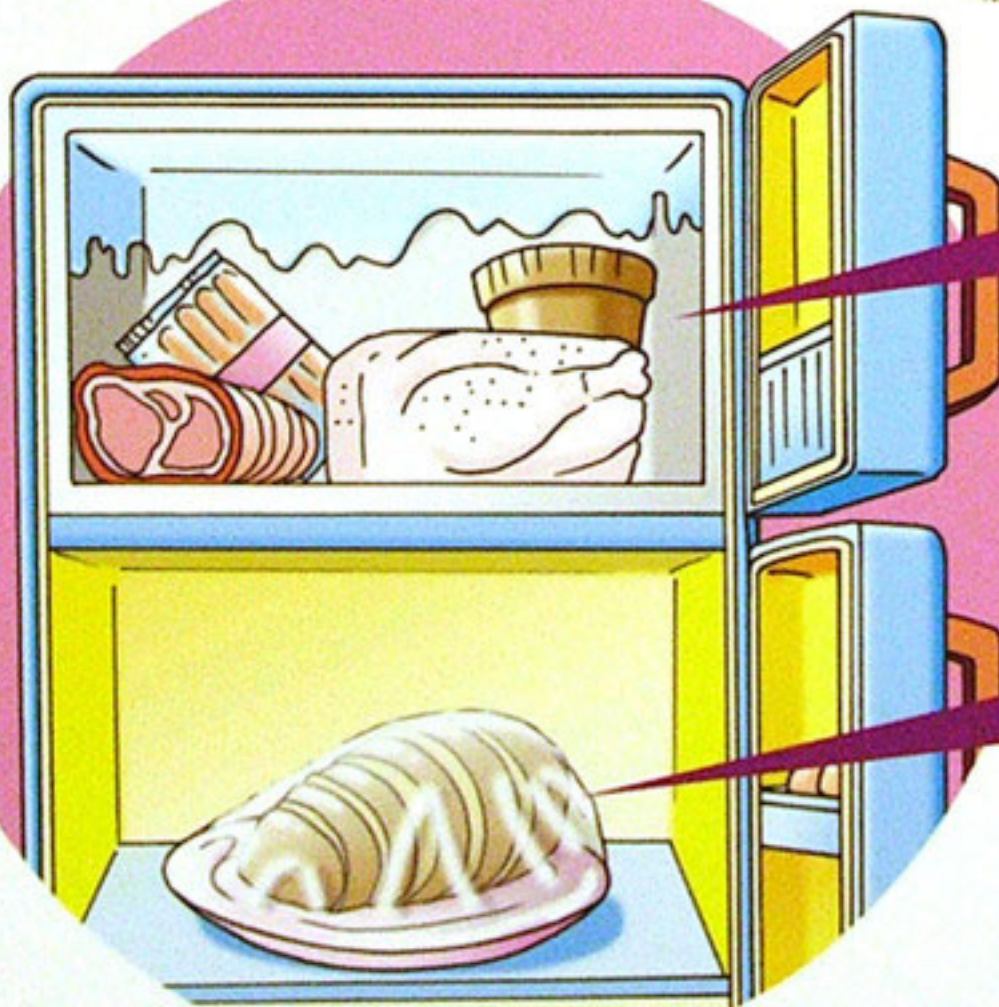
Food storage

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度或以上。

Perishable food* (such as milk & meat) should always be kept at temperature of either

- 4°C or below; or
- 60°C or above.



冷藏食物應存放在攝氏零下18度或以下

Frozen food should be stored at -18°C or below

冷凍食物應存放在攝氏4度或以下

Chilled food should be stored at 4°C or below

* 容易變壞的食物應盡快進食，切勿超出食用期限。
Perishable food should be consumed as soon as possible before the date of expiry.



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Tips for proper control of temperature

解凍食物 Thawing

冷藏食物不應在室溫環境下解凍
Frozen food should not be thawed
at room temperature



正確方法
Proper
methods



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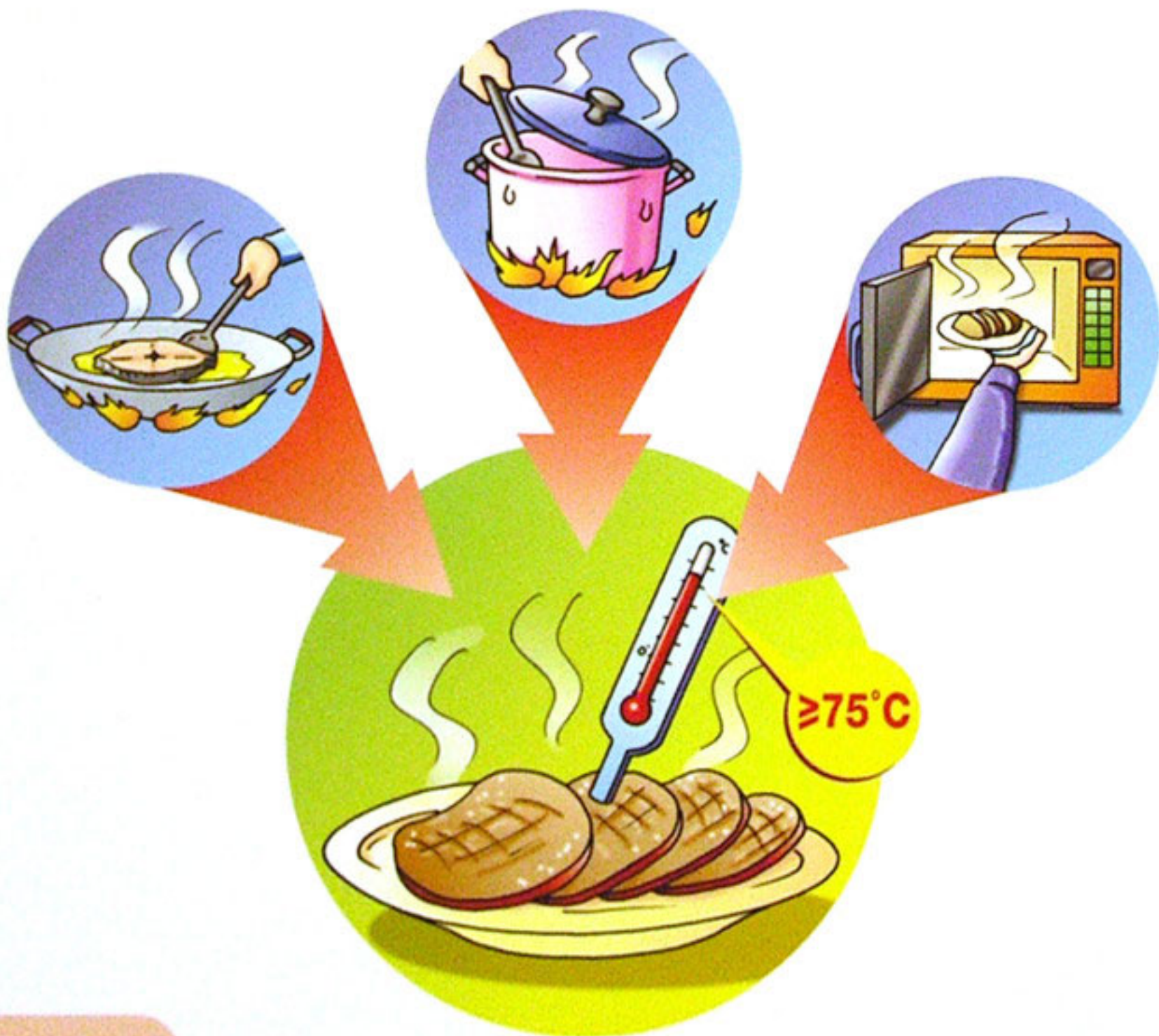
溫度控制小貼士

Tips for proper control of temperature

烹煮／翻熱

Cooking & reheating

當烹煮或翻熱食物時，要把食物徹底煮熟或熱透，食物的中心溫度須達至攝氏75度或以上。
Food should be cooked or reheated thoroughly until its core temperature reaches at least 75°C.



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食物展示

Food display & serving

容易變壞的食物應展示在

- 攝氏4度或以下；或
- 攝氏60度或以上。

Perishable food should be displayed at either

- 4°C or below; or
- 60°C or above.



如食物貯存、輸送及展示在危險溫度範圍（攝氏4至60度）內，停留時間的總和不可超過4小時。

If food is stored, delivered and displayed within the "Temperature Danger Zone (4°C to 60°C)", the total keeping time should not exceed 4 hours.

