FOOD HYGIENE

Keep food safe at home

Clean Hands
Food safety in your language

Four simple steps stop most food poisoning.

1 CLEAN



Wash hands 20 seconds

- Use soap and warm water.
- Before cooking. After raw meat, the toilet, bins and pets.
- Keep worktops and boards clean.

Why? Germs on hands and surfaces get onto food and make people ill.

2 COOK



Steaming hot all the way

- Cook food until it is steaming hot in the middle.
- Chicken, pork, burgers and sausages: no pink inside.
- Reheat food only once.

Why? Heat kills harmful germs such as salmonella, E. coli and campylobacter.

3 CHILL



Fridge 5°C or colder

- Put leftovers in the fridge within 2 hours.
- Eat leftovers within 2 days.
- Defrost food in the fridge, not on the side.

Why? Cold slows germs down. Food left out in a warm room lets them grow fast.

4 KEEP APART



Raw meat at the bottom

- Cover raw meat. Keep it on the bottom shelf of the fridge.
- Use a different board and knife for raw meat.
- Don't wash raw chicken. Splashes spread germs.

Why? Germs from raw meat can spread to food that won't be cooked again.

USE BY **This is about safety.** Don't eat food after this date, even if it looks and smells fine.

BEST BEFORE **This is about quality.** Food is still safe after this date if it has been stored well.

cleanhands.org.uk

Based on Food Standards Agency and NHS advice.
Free to print and share.

Ref CH-L1-EN-2611

食品卫生

在家中确保食品安全

Clean Hands
用您的语言了解食品安全

只需四个简单步骤，就能预防大多数食物中毒。

1 清理



洗手20秒

- 请使用肥皂和温水。
- 烹饪前。处理生肉后、上完厕所后、接触垃圾桶后以及接触宠物后。
- 保持台面和砧板清洁。

为什么? 手和物体表面上的细菌会污染食物，导致人们生病。

2 将食物煮熟



从头到尾都热气腾腾

- 将食物煮至中心冒热气为止。
- 鸡肉、猪肉、汉堡和香肠：内部不得呈粉红色。
- 食物只能加热一次。

为什么? 高温可以杀死沙门氏菌、大肠杆菌和空肠弯曲菌等有害病菌。

3 保持食物冷藏



冰箱温度为5°C或更低

- 请在2小时内将剩菜放入冰箱。
- 剩菜应在2天内吃完。
- 请将食物放在冰箱内解冻，不要放在冰箱外。

为什么? 低温会抑制病菌的繁殖。放在温暖房间里的食物会让病菌迅速繁殖。

4 保持距离



底部是生肉

- 将生肉盖好。将其放在冰箱的最底层。
- 处理生肉时，请使用专用的砧板和刀具。
- 不要清洗生鸡肉。水花会传播病菌。

为什么? 生肉中的细菌可能会传播到不会再次加热的食品上。

USE BY **这关乎安全。** 请勿食用超过此日期的食品，即使其外观和气味看起来都正常。

BEST BEFORE **这关乎质量。** 如果食品储存得当，超过此日期后仍然安全。

cleanhands.org.uk

依据英国食品标准局和英国国民医疗服务体系（NHS）的建议。
可自由打印和分享。

Ref CH-L1-ZH-2611 · EN: Keep food safe at home · AI translation, may contain mistakes