預防食物中毒

- **保持清潔**
  - 保持雙手和食物準備區域清潔，每次準備食材或進食前後均需以溫水及肥皂洗手至少20秒。
  - 烹飪前後，記得以熱水及洗碗劑清洗餐具，砧板和櫃檯。
  - 記得所有新鮮蔬菜和水果在食用前都需徹底沖洗。

- **生熟食物需分開**
  - 避免交叉感染，請將生熟食物分開擺放及處理。

- **確保所有食物都徹底煮熟**
  - 當食材被加熱或煮熟到適當溫度時，可以有效地殺死食物內可能令我們致病的細菌。最準確地量度食物溫度的方法是使用食物溫度計來測量溫度，單靠食物的顏色和質感來判斷並不可信。

- **適當地儲存食物**
  - 容易變壞的食物需於購買後兩小時內冷藏。
  - 冰箱的溫度需要保持在華氏40度以下，冰箱需要定期清理，扔掉已經過期不可食用的食品。
  - 記得預留充足的時間讓食物可以在冰箱內或冷水下解凍，或亦可以利用微波爐進行解凍。

從上至下冰箱內的食物儲存順序	各類食物需要達到的最低溫度
可以即時享用的食物	不適用
海鮮	華氏145度(攝氏63度)
整塊牛肉及豬肉	華氏145度(攝氏63度)
絞肉和魚絞肉	華氏155度(攝氏68度)
整塊及絞碎的雞肉	華氏165度(攝氏74度)

Four Steps to Food Safety

- **Clean**: Wash your hands and surfaces often
  - Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating
  - Wash your utensils, cutting boards, and countertops with hot, soapy water
  - Rinse fresh fruits and vegetables under running water

- **Separate:** Don't cross-contaminate
  - Use separate cutting boards and plates for raw meat, poultry, and seafood
  - When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods
  - Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge

- **Cook:** To the right temperature
  - Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture
  - Use a food thermometer to ensure foods are cooked to a safe internal temperature

- **Chill:** Refrigerate promptly
  - Keep your refrigerator below 40°F and know when to throw food out
  - Refrigerate perishable food within 2 hours
  - Thaw frozen food safely in the refrigerator, in cold water, or in the microwave

Storage Order, Top to Bottom	Minimum Internal Temperature
Ready to eat food	N/A
Seafood	145°F (63°C)
Whole cuts of beef and pork	145°F (63°C)
Ground meat and ground fish	155°F (68°C)
Whole and ground poultry	165°F (74°C)