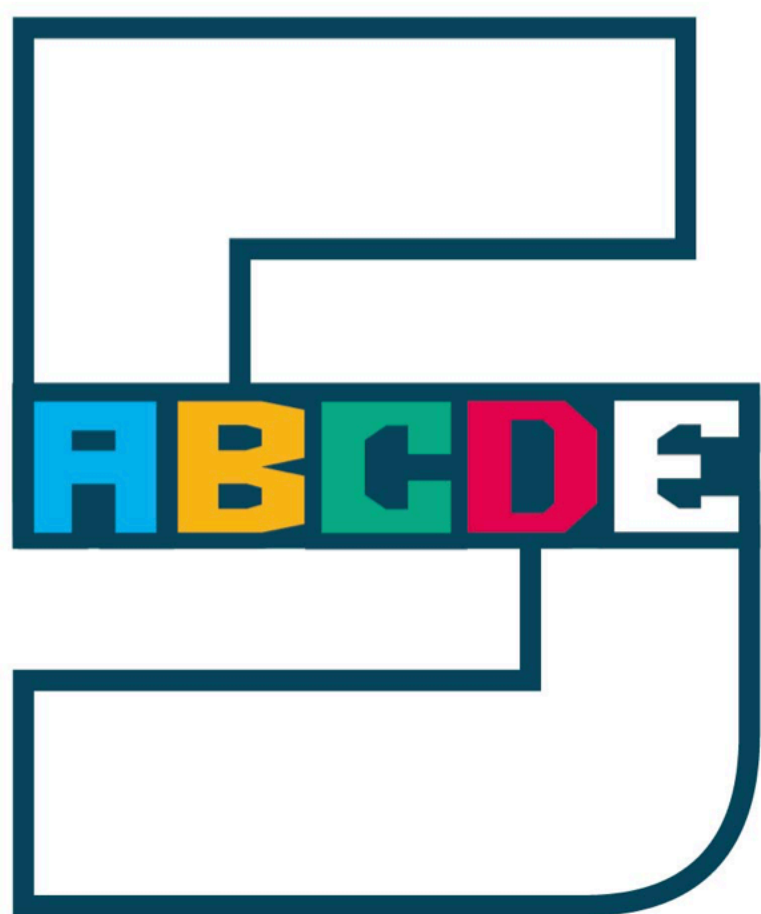


Prevention Of Foodborne Disease
Keep **5 Keys To Food Safety** In Mind



In view of the diverse development needs and practitioners' background of catering industry in Macao, an easy-to-remember set of online learning materials '5 Keys to Food Safety in ABCDE' in multilingual version which is compiled with reference to the World Health Organization's '5 Keys to Food Safety'. It aims to strengthen the food safety awareness of foodservice practitioners and ease the residents practicing in everyday life so as to jointly reduce food safety risks and prevent the occurrence of food poisoning incidents.



避免交叉污染

Avoid cross contamination

Cross-contamination means that microorganisms or contaminants are transferred from one place to the food. The routine of contamination can be directly transmitted through the food itself and its juice, or indirectly through various media, such as our hands, cutting boards, dish cloths, utensils, equipment, etc.



謹慎選購

Buy right

Buy food from hygienic and trustworthy shops, and pay attention to the food sanitation and storage condition.



Check the food appearance, packaging, expiry date and storage environment carefully. Chilled food should be stored below 5°C, and frozen food should be at -18°C or below. To ensure there is no ice crystals, snow melting and frosting in the package



Packaged food is intact, undamaged, not swollen nor dented



Read the food label carefully, such as ingredients



Use two sets of cutting boards and cutlery for preparing the raw and cooked foods



Handle the cooked and ready-to-eat foods before handling raw food



When using a refrigerator, foods should be wrapped properly or kept in a covered container. Remember the principle of 'Storing Raw Food Below Cooked Food'



保持清潔和徹底煮熟

Clean and Cook Completely

Keeping cleanliness and cooking food thoroughly are effective measures to ensure food safety.



Maintain good personal hygiene and keep your hands always clean



If you are suffer from vomiting or diarrhea symptoms, you must stop to prepare foods immediately



Ensure that cooking appliances, equipment and the environment are clean and hygienic. Kitchen should be equipped with pests and rodents control facilities



Before cooking, carefully check whether the food is suitable for safe consumption and clean it thoroughly with a safe water source



All food must be cooked completely



危險溫度帶

Danger temperature zone

Danger temperature zone that refers to the temperature range between 5°C and 60°C is suitable for microorganisms to grow rapidly or produce toxins.



Never place the ready-to-eat food and cooked food in room temperature for more than 2 hours



Food suppliers should use a vehicle equipped with temperature control device during food delivery



During food display, hot food should be kept hot at above 60°C and cold food should be kept cold at below 5°C



When cooking or reheating food, the food internal temperature and cooking time must attain the fully cooked level



The internal temperature at the centre of reheated food must reach at 75°C or above



努力維護澳門食品安全

Efforts to maintain Macao food safety

Keeping safe and high quality foods not only relies on the government's supervision and inspection but also depends on the tripartite cooperation among government, food industry and public. Let's start from everyday work and life. It is best to raise personal food safety awareness and do well in each steps of food preparation for protecting our health.



For more information,
please visit our website at
www.foodsafety.gov.mo
or call 'Food Safety Hotline' at
2833 8181 for enquiries.

The 'Food Safety Information' webpage provides food safety learning materials in 3 languages, i.e., Chinese, Portuguese and English.

