

存放溫度要妥當

Verificar se é mantida uma temperatura adequada

Store food at the proper temperature

冷藏 **0-4°C** 間
Temperatura de refrigeração (0°C - 4°C)
Keep chilled food between 0°C - 4°C

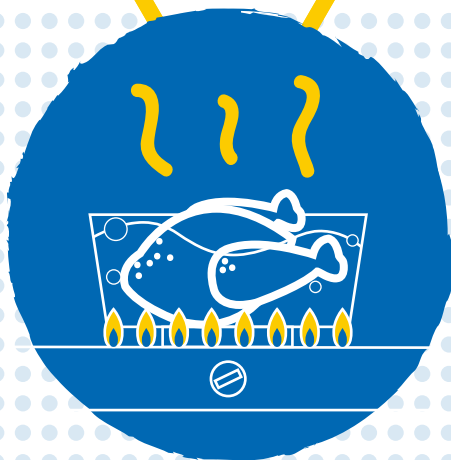
冷凍 **-18°C** 以下
Temperatura de congelação (-18°C ou inferior)
Keep frozen food under -18°C or below



清潔及徹底煮熟

Limpar e cozinhar bem os alimentos

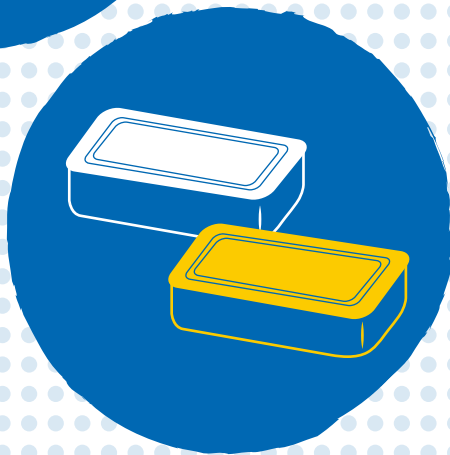
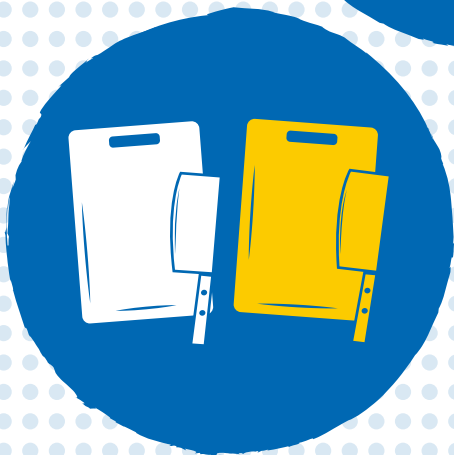
Clean and cook completely



生 分開 熟 避免污染

Evitar a contaminação cruzada, tratando,
em separado, os alimentos crus e cozinhados

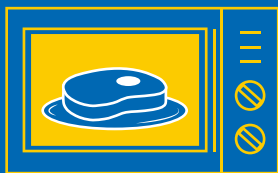
Separate raw and cooked food to avoid cross-contamination



正確解凍食品

Descongelar os alimentos correctamente

Thaw frozen food correctly



微波爐

Microondas
By microwave



流動自來水
Água corrente
By running tap water

每30分鐘更換
Trocar a cada
30 minutos
Change water
every 30 minutes



浸泡冷的自來水
Deixar os alimentos
imersos em água fria
Submerge in cold tap water



標示解凍時間
Marcar o tempo de
descongelamento
Mark thawing time



雪櫃冷藏格

Congelador do frigorífico
In a refrigerator



室溫

A temperatura ambiente
At room temperature



小心危險溫度帶

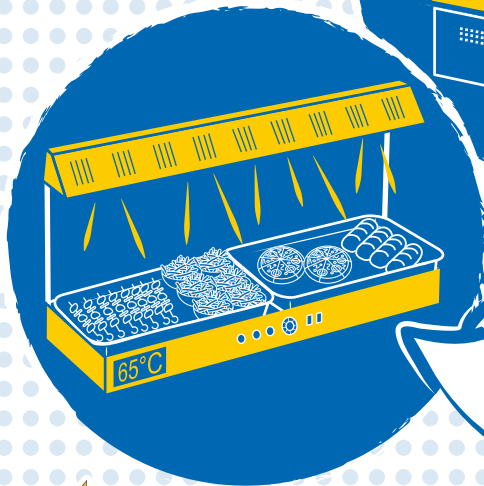
Ter os cuidados devidos em zonas de temperatura perigosa

Be cautious about danger temperature zone



冷食冷存

Os alimentos frios armazenados
com refrigeração
Cold food is kept cold



熱食熱存

Os alimentos quentes,
com armazenamento térmico
Hot food is kept hot

精明入貨與驗收

Cuidado na aquisição e recepção dos produtos

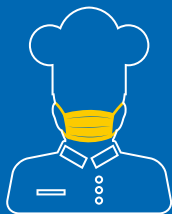
Purchase and check all food smartly



注意個人衛生

Prestar atenção à higiene pessoal

Be aware of personal hygiene



戴口罩

Usar máscara facial
Wear a mask



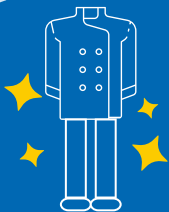
手部傷口要妥善包紮

Quaisquer ferimentos nas mãos devem
ser tratados e cobertos
de forma apropriada
Wounds on the hands should
be treated and
covered properly



勤洗手

Lavar sempre as mãos
Always wash your hands



服裝整潔

Manter a farda de trabalho limpa
Wear tidy and clean clothes



生病不接觸食品

Caso esteja doente,
não manuseie os alimentos
Don't handle food if you're sick
with an infection,
diarrhoea or vomiting

如有食安疑問，可致電

Em caso de dúvidas sobre segurança alimentar,
consulte via a

If you have any queries about food safety, please call

食安專線

Linha Aberta sobre Segurança Alimentar
Food Safety Hotline

2833 8181

