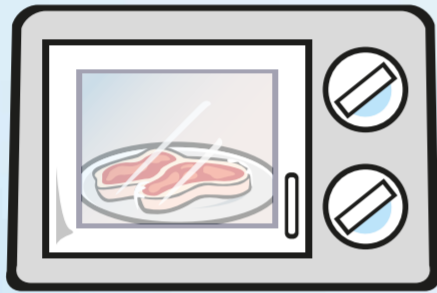


# 正確解凍食品的方法

## Thawing Food Properly

### Descongelamento Seguro de Alimentos



使用微波爐解凍

Descongelamento  
no microondas

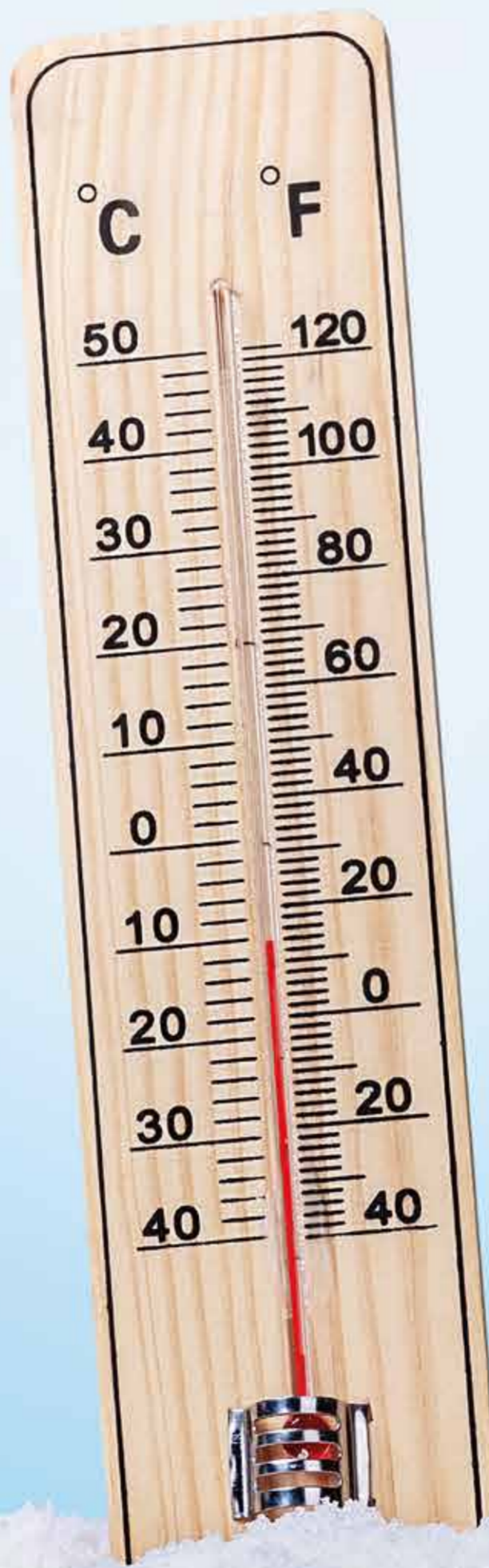
Defrosting by microwave oven



用流動的自來水解凍

Descongelamento em água corrente

Defrosting under running water



於雪櫃冷藏格內解凍(最安全)

Descongelamento no  
refrigerador (o mais seguro)

Defrosting in a refrigerator  
below 5°C (safest)