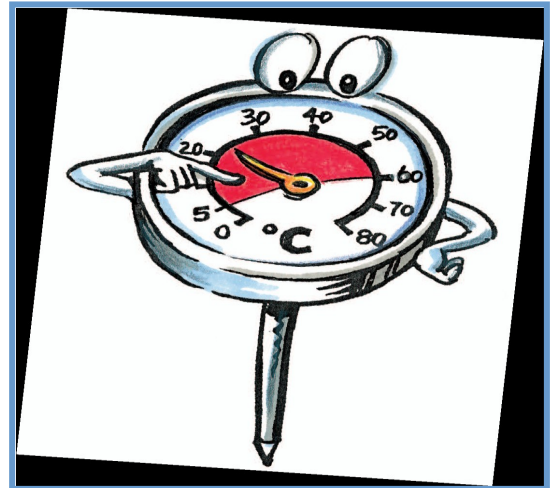


# Keep Micro-organisms Cool!

## 把微生物保持在低溫

Beware  
of the  
'Danger  
Zone'

當心溫度的'危險地帶'



Foodborne illnesses have been associated with improper cooling of hot foods. Cool perishable foods using one of the following techniques:

不正當冷卻食物會引致與食物有關的疾病、冷卻食物時要遵照以下其中一個方法:

- 1) **Ice bath** – Place container holding liquid food into a sink/tub filled with ice water, and stir food occasionally. Cover and place in cooler when 4°C.
- 1) 使用冰水盆 – 把盛載液體食物的器皿放在一個稍大及注滿冰水的容器內冷卻, 並不時攪拌一下, 當冷卻至攝氏 4 度時就可以把蓋放上及放進雪櫃內。
- 2) **Shallow Pans** – Place food into a shallow pan and store in cooler. Cover when 4°C.
- 2) 使用淺的容器 – 用淺容器來盛載食物及放進雪櫃內, 當冷卻至攝氏 4 度時便可把蓋放上。
- 3) **Cut into Smaller Portions** – Cut large pieces of food into smaller portions and place in shallow pan on the top shelf of cooler. Cover when 4°C.
- 3) 把食物切成小塊 – 把體積巨大的食物切成較細小的分量, 用淺容器盛載及放在雪櫃之上格, 當冷卻至攝氏 4 度時便可把蓋放上。

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References: Government of South Australia Department of Health