

# 給食物業製備沙津的食物安全指引

## Food Safety Guidelines for Food Businesses on Preparation of Salad



# 引言

## Introduction

- 沙律是混合了經最少加工的即食蔬菜的食品。
- Salads are mixtures of minimally processed ready-to-eat vegetables.
- 沙律一般是凍食的，被視為高風險食物。
- Salads are usually served cold, and are considered high-risk foods.

# 引言

## Introduction

- 若沙津處理過程未有保持良好個人及環境衛生，便會大大提高食物受細菌污染的風險。
- Preparation of Salads requires a lot of handling , which increase the risk of contamination with bacteria if personal and environmental hygiene is not maintained

# 沙律常見的食物安全問題

## Common food safety problems the related to salads

- 原材料被病菌、有害化學物及 / 或外來物
- Presence of harmful bacterial, chemical and foreign material in raw materials



# 沙律常見的食物安全問題

## Common food safety problems the related to salads

- 食材在配製過程中受污染
- Contamination of ingredients during preparation



# 沙律常見的食物安全問題

## Common food safety problems the related to salads

- 貯存狀況及溫度不當
- Improper storage condition  
and temperature



# 製作沙津的食物安全措施

## Food safety measures for the preparation of salads

### (1) 採購及收貨 Purchase and receiving

例如：採購時應選擇來自認可及可靠來源的食材。

e.g. When making purchases, choose food ingredients from approved and reliable sources.



# 製作沙津的食物安全措施

## Food safety measures for the preparation of salads

### (2) 貯存 Storage



例如: 立即把易腐壞的食材 ( 例如蛋類、雞胸肉、牛肉、煙三文魚等 ) 貯存於適當的溫度 ( 冷凍食物貯存在攝氏4度或以下 ; 冷藏食物貯存在攝氏零下18度或以下 ) 。

e.g. Immediately store perishable food ingredients, such as eggs, chicken breast, beef, smoked salmon at proper temperatures (chilled items at 4°C or below; frozen items at -18°C or below).



# 製作沙津的食物安全措施

## Food safety measures for the preparation of salads

### (3) 配製 Preparation

例如: 用不同的設備和用具分開處理熟食或即食食物和生的食物，以減少交叉污染。

e.g. Use separate equipment and utensils to handle raw food and cooked or ready-to-eat food to avoid cross-contamination.

# 製作沙津的食物安全措施

## Food safety measures for the preparation of salads

### (4) 供應/包裝 Dish Serving / Packing

例如: 已拌勻的配料應立即食用。

e.g. Serve mixed ingredients immediately.

# 製作沙津的食物安全措施

## Food safety measures for the preparation of salads

### (5) 運送、分發和展示

### Transportation, distribution and display

例如: 在攝氏4度或以下妥善運送、分發和展示已製成的沙津，以防沙津受污染和變壞。

e.g. Transport, distribute and display prepared salads properly at 4°C or below to protect them from contamination and deterioration.

# 自助式沙律櫃

## Self-serve salad bars

- 展示沙律配料 Display salad ingredients
- 使用具長柄鉗子或杓子 Use of tongs or ladles
- 監察沙律櫃枱範圍的衛生情況  
Monitor the sanitary conditions of the salad bar area



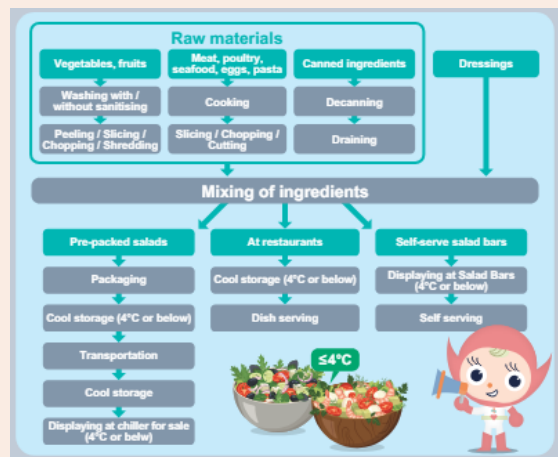
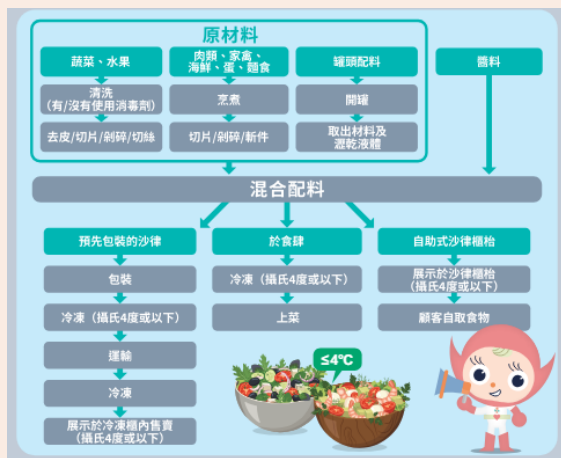
# 給食物處理人員的個人及環境衛生建議

## Advice on Personal and Environmental Hygiene for Food Handlers

- 個人衛生 Personal Hygiene
- 環境衛生 Environmental Hygiene

# 沙律的製作流程圖

## Flow diagram of salad production



### 食物安全管理系統

推行一個具有防患於未然的食物安全管理系統（如以「食物安全重點控制」系統為本的食物安全計劃），以在製造過程的每個環節中確定及控制食物安全問題。詳情請參閱「[如何推行食物安全計劃](#)」。



### Food safety management system

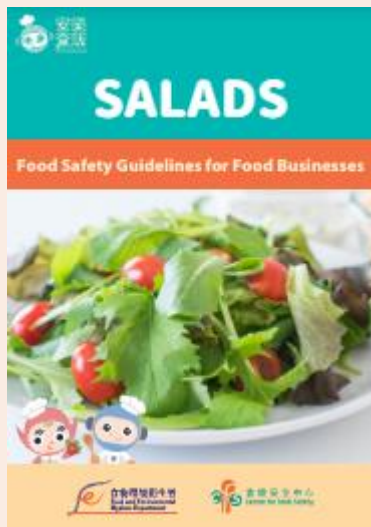
Implement a preventive food safety management system (such as the HACCP-based Food Safety Plan) to identify and control food safety problems at every stage of the food manufacturing process. Please refer to the "[How to Implement a Food Safety Plan](#)" for details.



沙律是即食食物。由於沙律沒有經過熱處理，未能消滅當中可能存在的細菌，若處理不當，便可能會被食源性病原體和「超級細菌」污染，或會對人類健康構成嚴重威脅。因此，在配製這種食物時保持良好個人、環境和食物衛生至關重要。



Salads are an example of a ready-to-eat food. They can become contaminated by foodborne pathogens and "superbugs" if not handled properly because there is no heat treatment to kill any bacteria that may be present. This can pose a serious health threat to human health. As a result, it is critical to maintain a high level of personal, environmental and food hygiene when preparing the food.





謝謝  
Thank you

