

食在江湖

THE JIANGHU OF COOKING

掌握安全溫度

Need to Keep Bacteria at Bay?

方為煮食之道

Safe Temperature is the Way!

安全溫度要訣

Safe Temperature Tips



熱食要貯存於60°C以上
Keep hot food above 60°C



冷食要貯存於4°C或以下
Keep cold food at 4°C or below



煮好後擺放室溫多於4小時就要棄掉
Dispose food if left at room temperature for more than 4 hours