

Ministry Of Health 卫生部

Kingston and St. Andrew Public Health Dept 金斯敦和圣.安德鲁公共卫生部

Food Handlers' Certification Programme 食物处理人员认证计划

Basic Food Hygiene Level 1 基本食品卫生第 1 等级

- 1 Food: Food is any substance manufactured, prepared, sold or displayed for use as food, drink, or flavoring or any other substance used in or with the preparation of food.

食物：食物是指任何物质生产，准备出售，或显示用于食品，饮料，或调味或任何其他物质使用或食物的准备。

- 2 Example: water, ice, spices, soft drink, alcoholic drinks etc.

例如：水，冰，香料，饮料，酒精饮料等。

Food Handler: 食物处理人员：

Any individual who is involved in the production, preparation, service, storage, distribution and marketing of food intended for sale to the public for human consumption

任何人涉及食品的生产，制备，储存，分销和营销及打算向公众出售供人类食用

Example: Store-keeper, Cashier, Chef.

例如：商店老板，收银员，厨师。

Personal Hygiene 个人卫生

The Food Handler must: 食物处理人员必须遵守：

a-Observe proper personal hygiene, i. e., proper grooming such as wearing of clean clothes, and having pleasant odor.

注意做好个人卫生，即适当的修饰，如穿着干净的衣服，和清新的气味。

b-Be free from communicable diseases, e. g., typhoid fever, tuberculosis.

无传染病，如伤寒，肺结核。

c-Work in protective clothing, i. e. aprons, headcovers, overalls, gloves, etc.

工作时穿防护服如围裙，头套，工作服，手套等。

d-Wash the hands as often as possible, e.g. after scratching any part of the body.

尽可能经常洗手，例如搔抓身体的任何部位后。

e-Not wear the protective clothing to the bathroom, or on the street.

不穿防护服上洗手间和外出。

f-Ensure that the work station is thoroughly clean before commencing food preparation.

开始准备食物之前确保工作岗位彻底清洁。

g-Not report to work if infected with infectious disease signs and symptoms such as diarrhea, cough, sore throat, fever, vomiting, skin rashes, etc.

如果出现感染传染性疾病的症状和体征如腹泻，咳嗽，喉咙痛，发烧，呕吐，皮疹等必须报到不上班

h-First wash the head of the tap before washing hands.

洗手前先清洗水龙头。

i-Cover the mouth/nose with disposable materials when coughing or sneezing.

咳嗽或打喷嚏时使用一次性用品捂住口/鼻。

j-Keep short finger nails, without nail polish.

保持短指甲，不涂指甲油

k-Avoid talking over food.

避免在食物以上谈话。

l-Minimize handling of finished products with bare hands.

减少直接用手处理制成品。

M-Not wear jewelry while at work.

工作时不戴首饰。

Food Storage 贮存食物

Principle:- “keep hot food hot, and cold food cold”

原则:- 保持冷热食物的冷热状态

Dry storage: all food items 干贮存: 所有食品

- a- Must be stored on pallets or shelves at a minimum of six inches above the floor and six inches from the wall.
存储使用的托盘或货架必须至少高于地板六英寸并距离墙六英寸。
- b- Must be so arranged to facilitate ‘first in first out’ FIFO procedure
必须作适当的安排以方便 “先进先出” 的程序
- c- Must be stored in pest proof enclosures.
必须存储在防虫机柜。
- d- Must be stored away from non-food related materials, e.g. chemicals.
必须远离跟非食品有关的物料, 例如化学品。
- e- Must be kept at room temperature.
必须保持在室温下
- f- Must be kept away from spoiled foods.
必须远离腐坏的食品。
- g- Must be stored away from garbage collection point.
必须远离垃圾收集点。

Wet Storage: all food item 湿贮存: 所有的食品项目

a-Must be at appropriate temperature, i.e. 1 to 4 degrees celsius for the chiller and refrigerator, and minus 18 to 22 degrees celsius for the freezer; therefore, temperatures should be recorded twice daily.

必须在适当的温度下, 即 1 至 4 摄氏度的冷水机组和冰箱, 和零下 18 至 22 摄氏度的冰箱, 并且应该每天记录两次温度。

b-Must be stored at a minimum of six inches above the floor of the facility.

必须保存在至少六英寸以上的地面设施上。

c-Must be individually wrapped.

必须单独包装。

d-Foods such as vegetables, eggs, and dairy products should be stored above raw meats and meat products.

如蔬菜，蛋类，乳制品等食物，应该贮存在生肉及肉类产品之上。

e-Canned foods should not be stored in their containers after being opened.

罐头食品被打开之后不应该储存在罐头中。

f-Food items should be arranged using the “first in first out” method.

食物必须使用“先入先出”的方法安排。

The facility (freezer, refrigerator, chiller, etc.)

储存设施（冰柜，冰箱，冷冻机等）

1-This must be kept in excellent hygiene condition.

必须保持良好的卫生状况。

2-Compartments for separation of food should be established.

应建立隔间将食品分离。

Hot Storage 热储存

It must be noted that it is unacceptable to leave prepared food at room temperature for more than two hours, without the appropriate storage.

必须指出，在没有适当的存储下，将准备好的食物，留在室温下超过两小时，是不可接受的。

Therefore hot holding equipment must be put in place to keep the food at 60 degrees celsius, in covered containers.

因此，必须有热设备来将食物在有盖的容器中保持在摄氏 60 度温度。

Note: 注释

1-Only compatible items should be stored together

只有兼容的物品应存放在一起

2-No spoiled or infested foods must be stored with wholesome ones.

不可以将腐坏或变质的食物跟好的食物一起存放。

3-Dry foods such as rice, flour, sugar, cornmeal, etc that are easily infested with weevils should be stored in labeled metal or plastic containers with tight fitting covers.

干的食物，如大米，面粉，糖，玉米面等，容易受到例如鼻虫的侵扰应该存放在标记好的金属或塑料容器内并盖紧盖口。

4-All food items must be labeled and dated.

所有食品必须贴上标签，并注明日期。

5-Spillage must be cleaned up immediately.

必须立即清理溅溢。

6-Damaged and unlabeled canned foods should be removed from shelves and stored in a separate area.

损坏和未贴标签的罐头食品应从货架上取出，并存储在一个独立的区域。

Thawing: 解冻:

a-Thawing must not be done at room temperature to avoid the growth and multiplication of spoilage microorganisms.

一定不能在室温下解冻，以避免腐败微生物的生长和繁殖。

b- Frozen items from the freezer must be thawed in a refrigerator in a leak proof container.

在冷冻机取出的冷冻食物，必须使用防漏容器在冰箱中解冻。

c-The time required for thawing depends on the size of the cut of meat.

解冻所需的时间取决于肉哪部分的大小。

d-Large cuts can take several days to thaw.

大块食品可能需要数天解冻。

e- Meat can be thawed in a microwave oven using the defrost setting.

肉可以使用微波炉除霜设置解冻。

f- Also meats packaged in a waterproof materials can be thawed in the sink under cool running water.

用防水材料包装的肉类也可以在冷的自来水的水池里解冻。

Washing and Sanitization: 清洗和消毒:

Sanitization is the process of killing or eliminating disease causing germs from foods and food preparation surfaces.

消毒过程是杀死和消除食品和食物制品表面上引起疾病的细菌。

Sanitization procedures: 消毒程序:

For food items (e.g. vegetables) 食物 (如蔬菜)

1- Wash the fruits, vegetables etc under running water.

在流水下清洗水果, 蔬菜等。

2- Soak the food in a sanitizing solution for a minimum of three minutes.

食物浸泡在消毒溶液中至少三分钟。

3- Then rinse under running water.

然后用清水冲洗。

For Utensils: 餐具:

1-Scrape away all food particles.

刮走所有食品余粒。

2-Pre-wash to rid utensils of heavy soils or grease.

预洗去掉餐具上厚实的菜残或油渍

3-Wash with water and soap only.

只用肥皂和水清洗。

4-Rinse under running water (preferably warm)

在流水下冲洗（最好是温水）

5-Then sanitize by immersing the utensils in the sanitizing solution for a minimum of three minutes.

然后净化消毒液浸渍过的器具至少三分钟时间。

6-Allow to dry on the dish rack. Do not wipe sanitized utensils with towel or any form of non sterile material.

晾干盘架上。擦拭消毒后的餐具时不要用毛巾或没有消毒过的材料。

7-Then store in an enclosed area.

然后存储在一个封闭的地方。

Note 注释

1- The time required for the sanitizer to kill the germs is called contact time

消毒剂杀死细菌所需的时间称为接触时间

2- The sanitizing solution can be prepared by reading the label of any brand name sanitizer.

消毒液的使用方法可以通过读取任何品牌消毒剂的标签

3- Cleaning rags must be washed and soaked in a sanitizing solution after each use.

每次使用后清洁抹布一定要洗干净并浸泡在消毒液。

Pest control: 害虫控制:

Pest such as house flies, cockroaches, weevils and of course rats, are responsible for the transmission of a good percentage of food borne diseases and poisonings. Efforts therefore should be made to keep them away from the food establishment by screening, enclosures, pest control programmes, etc.

苍蝇，蟑螂，象鼻虫和老鼠等害虫，是负责传输有相当比例的食源性疾病和中毒。因此，应努力建立网幕，封闭的区域，病虫害防治方案等，让它们远离我们食品机构的环境周边。

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Solid Waste: 固体废物

- 1- All garbage must be stored in durable washable containers with close fitting lids.

所有垃圾必须存放在耐用易洗紧密配合盖的容器。

- 2- Garbage containers must be cleaned regularly, at least twice per week, and be fitted with plastic liners.

垃圾容器必须定期清洁，每周至少两次，并配有塑料内衬。

- 3- Garbage must be removed from premises regularly, possibly daily.

必须定期处理楼宇内的垃圾，最好每天处理。

CLEAN AS YOU GO MUST BE PRACTISED AT ALL STAGES OF FOOD PREPARATION TO DISCOURAGE INTRODUCTION, GROWTH AND MULTIPLICATION OF MICRO-ORGANISMS (GERMS)

“当您离开，请自清洁”在你准备食物的各个阶段之下均须施行，以保证阻止微生物的生长和繁殖（细菌）

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