

Five keys to safer food



Keep Clean

- ✓ Wash your hands under running water before handling food and often during food presentation.
- ✓ Wash your hands with running water after going to the toilet.
- ✓ Wash and sanitise all surfaces and equipment used for food preparation.
- ✓ Protect kitchen areas and food from insects, pests and other animals.

Why?

While most micro-organisms do not cause diseases, dangerous micro-organisms are widely found in soil, water, animals and people. These micro-organisms are carried on hands, wiping cloths and utensils, especially cutting boards, and the slightest contact can transfer them to food and cause foodborne diseases.



Separate raw and cooked

- ✓ Separate raw meat, poultry and seafood from other foods.
- ✓ Use separate equipment and utensils such as knives and cutting boards for handling raw food.
- ✓ Store food in containers to avoid contact between raw and prepare foods.

Why?

Raw foods, especially meat, poultry and seafood, and their juices, can contain dangerous micro-organisms which may be transferred onto other foods during food preparation and storage.



Cook thoroughly

- ✓ Cook food thoroughly, especially meat, poultry, eggs and seafood.
- ✓ Bring foods like soup and stews to boil to make sure that they have reached 70°C. For meat and poultry, make sure that juices are clear, not pink. Ideally use a thermometer.
- ✓ Reheat cooked food thoroughly.

Why?

Proper cooking kills almost all dangerous micro-organisms. Studies have shown that cooking food to a temperature of 70°C can help ensure it is safe for consumption. Foods that require special attention include minced meats, rolled roasts, large joints of meat and whole poultry.



Keep food at safe temperatures

- ✓ Do not leave cooked food at room temperature for more than 2 hours.
- ✓ Refrigerate, promptly, all cooked and perishable food (preferably below 5°C).
- ✓ Keep cooked food piping hot (more than 60°C) prior to serving.
- ✓ Do not store food for too long, even in the refrigerator.
- ✓ Do not thaw frozen food at room temperature.

Why?

Micro-organisms can multiply very quickly if food is stored at room temperature. By holding food at temperatures below 5°C or above 60°C, the growth of micro-organisms is slowed down or stopped. Some dangerous micro-organisms still grow below 5°C.



Use safe water and raw materials

- ✓ Use safe water or treat it to make it safe.
- ✓ Select fresh and wholesome foods.
- ✓ Choose foods processed for safety such as pasteurized milk.
- ✓ Wash fruits and vegetables, especially when eating them raw.
- ✓ Do not consume food beyond its expiry date.

Why?

Raw materials, including water and ice, may be contaminated with dangerous micro-organisms and chemicals. Toxic chemicals may be formed in damaged and mouldy foods. Care in selection of raw materials and simple measures such as washing and peeling may reduce the risk.

Let's work together in preventing Cholera!

Makii mashanu anotivitsa pakudya kwakanaka



Chengetedza zvachena

- ✓ Geza maoko ako nemvura inoerera usati wabata kudya, uyezve nepanguva yekugadzira zvokudya.
- ✓ Geza maoko nemvura inoerera mumashure mekushandisa chimbuzi.
- ✓ Shamba nzvimbo nezvaunoshandisa pakubika kana kugadzira zvekudya.
- ✓ Dvivirira nzvimbo yekubikira kubva kutumbuyu.

Nekuda kwei?

Nyangwe zvazvo twumbuyu (*micro-organisms*) twakawanda twusingakonzeri zvirwere, twuriko twumwe twunongozi twunowanikwa muvhu, pavanhu nepamhuka. Twumbuyu utwu twunowanikwa mumaoko, pamachira okupukutisa nezvatinoshandisa zvakaita semapanga nendiro, asi zvikuru sei pamatanda atinochekera nyama nemuriwo. Kungokanganisa zvishoma kunogona kutwupfuudzira pachikafu zvinozokonzera zvirwere zvinowanikwa muchikafu.



Paradzanisa zvachikwa nezvimbishi

- ✓ Usanganise nyama mbishi, yemombe, yehuku, hove nekumwe kudya.
- ✓ Shandisa mapanga nepokuchekera pakasiyana kana uchigadzira zvokudya zvisina kubikwa.
- ✓ Zvekudya ngazvichengeterwe mumapoto nendiro dzinovharwa kuitira kudzivirira kusangana kwezvachikwa nezvisina.

Nekuda kwei?

Zvekudya zvimbishi, zvikuru sei nyama yemombe, huku kana hove nemuto wazvo, zvinetwumbuyu twunongozi twunogona kuenda panekumwe kudya panguva yekuchengetedzwa kana kubikwa.

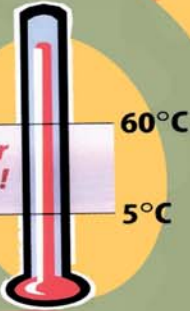


Bika namazvo

- ✓ Bika zvokudya zvinyatsoibva, zvikuru sei nyama yemombe, huku kana hove.
- ✓ Muto ngaunyatsoikwata zvekusvika pa70°C. Kana uriwenyama ingave mombe kana huku, ngausare wachena usisina ruvara rutsvuku. Shandisa *thermometer* kuyera kupisa kwepoto yako kana uchibika.
- ✓ Nyatsodziisa chikafu chambobikwa chikatonhora.

Nekuda kwei?

Kubika namazvo kunouraya twumbuyu twunongozi twungangodaro twuri munezvokudya. Ongororo yakaitwa yakaratidza kuti kubika chikafu nemoto unekupisa kunoita 70°C, kunoita kuti kudya kunakire anokudya nekuti twumbuyu twunenge twafa. Kudya kunotevera kunoda kunyatsoigadzirwa namazvo: nyama yakagayiswa (*minced meat*), nyama dzinobikwa dzakamoneredzwa (*rolled roasts*), nyama isina kunyatsohiyiwa (*large joints of meat*) nehuku inobikwa yakadaro (*whole poultry*).



Chengetedza kudya munharaunda inekutonhorera kana kupisa kwakafanira

- ✓ Usasiye zvekudya zvachikwa pachena kwenguva inodarika mawa maviri.
- ✓ Zvekudya zvachikwa, nezvokudya zvinokasira kuora ngazviiswe mufiriji nekukasika (kutonhora kwacho kuve pasi pe5°C).
- ✓ Zvekudya zvisati zvaburwa kana kupakurwa ngazvinge zviinekupisa kunosvika pa60°C.
- ✓ Kudya ngakusagarise kusati kwadyiwa nyangwe zvazvo kungava mufiriji.
- ✓ Kudya kwabva mufiriji ngakusanyungudutswa nekungoiswa pachena.

Nekuda kwei?

Twumbuyu twunowanda nekukasika kana zvekudya zviri pachena. Kutonhora kuripasi pe5°C kana kupisa kuri pamusoro pe60°C kunouraya twumbuyu. Nyangwe zvazvo zvakadaro, twumwe twunogona kurarama pakutonhora kuripasi kwe5°C.



Shandisa mvura yakachena

- ✓ Shandisa mvura yakachena nguva dzose, kana yakasviba ichenese nemushonga kana kuivhaidza.
- ✓ Sarudza kudya kwakanaka.
- ✓ Sarudza zvokudya zvakaisvogadzirwa kuitira kudzivirira zvirwere, fananidzo, *pasteurized milk*.
- ✓ Geza michero nemiriwo, zvikuru sei kana zvizhazodyiwa zvisina kubikwa.
- ✓ Usashandise kudya kwadaridza nguva yako yekushanda (*expiry date*).

Nekuda kwei?

Zvatinoshandisa zvakaita semvura inoyerera kana yakagwamba (*ice*) zvinogona kunge zviinetwumbuyu kana mishonga inengozi. Mishonga inengozi inogona kuwanikwa munezvokudya zvakananisika zvavekuora. Kusarudza noungwaru zvatinoshandisa, uyezve nekungatora matanho ekushamba kana kumenya panenge pakafanira zvinoderedza ngozi kuhutano hwedu.

Ngatishandei pamwechete kudzivirira Korera!

Amakhiye amahlanu esifika ngawo ekudleni okuhle



Hlanzeka

- ✓ Geza izandla ngamanzi agelezayo anduba ubambe ukudla, langesikhathi upheka kumbe ulungisa ukudla.
- ✓ Geza izandla ngamanzi agelezayo emva kokusebezisa isambuzi.
- ✓ Geza uhlanzise indawo lezinto ozisebenzisayo ekulungiseni ukudla.
- ✓ Qaphela izibungu, izinanakazana lezinnyamazana ekufikeni eduze lokudla laba endlini yokuphekela.

Ngenxa yani?

Loba okuzimpethwana (*micro-organisms*) okunengi kungabangeli imikhuhlane, kukhona okunye okuyingozi okutholakala ehlabathini, emanzini, enyamazani lebantwini. Lokhu okuzimpethwana kutholakala ezandleni, emalenjini, emiganwini, enggamini, kodwa ikakhulu ezigodweni esisikela kizo inyama lemibhida. Impambaniseko encane ingenza ukuba lezimpethwana zisuke lapho ezikhona zisiya ekudleni besezibangela imikhuhlane etholakala ekudleni.



Yehlukanisa okuphekiweyo lokungaphekwa

- ✓ Ungahlanganisi inyama engaphekwa, eyenkomo, eyenkukhu lenhlazi lokunye ukudla.
- ✓ Nxa ulungisa ukudla okungaphekwa, sebenzisa iziqqamu lezigodo zokusikela ezehlukeneyo.
- ✓ Ukudla akugcinelwe emiganwini lezimbeni ezisibekelweyo ukuze okuphekiweyo lokuluhlaza kungahlangani.

Ngenxa yani?

Ukudla okuluhlaza, ikakhulu inyama eyenkomo, eyenkukhu, eyenhlazi, lemihluzi yakho kuthwala okuzimpethwana okuyingozi okungangena kokunye ukudla ngesikhathi kuphekwa kumbe kugciniwe.

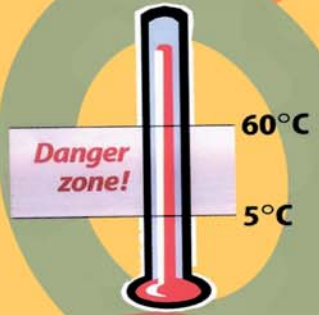


Phekisisa

- ✓ Pheka ukudla kuvuthwe sibili, ikakhulu inyama eyenkomo, eyenkukhu, amaqanda lehlanzi.
- ✓ Ukudla okunjengemihluzi lemisocho yonke kumele kuxhathe kufike ekutshiseni okungange 70°C. Imihluzi yenyama zonke kumele isale isikhanya ingasela mbala obomvana.
- ✓ Ungasebenzisa *thermometer* ukuze ube leqiniso lokuthi kufikile ekutshiseni okufaneleyo.
- ✓ Ukudla okuphekwe kwaqanda kumele kukhudunyezwe sibili.

Ngenxa yani?

Ukuphekisisa kwenza ukuba okuzimpethwana okungabe kusekudleni kufe. Ukucwayisisa kwaveza ukuthi upheka ukudla ngamandla afika ku70°C kubulala okuzimpethwana konke okuyingozi. Ukudla okulandelayo kudinga unanzelelo olukhulu uma kulungiselwa ukudliwa: inyama echoliweyo (*minced meat*), inyama eyosiwa iqogelwe ezigodweni (*rolled roasts*), inyama ephekwa ingasikwanga (*large joint of meat*) lenyama yenkukhu ephekwa injalo ingasikwanga (*whole poultry*).



Gcina ukudla emekweni etshisayo kumbe eqandayo okufaneleyo

- ✓ Ungatshiyi ukudla okuphekiweyo egcekeni okwamahola ayedlula amabili.
- ✓ Ukudla okuphekiweyo lokudla okubola masinyane kumele kuhlale efilijini (ukuqanda kwakhona kube ngaphansi kwe5°C).
- ✓ Gcina ukudla okuphekiweyo, okungaka phakululwa, kutshisa (okutshisa okudlula i60°C).
- ✓ Ukudla akumelanga kugcinwe kungadliwanga okwesikhathi eside loba kusefilijini.
- ✓ Ungancibilikisi ukudla obekusefilijini ngokukubeka egcekeni.

Ngenxa yani?

Okuzimpethwana kwanda masinyane nxa ukudla kugciniwe egcekeni. Ukuqanda okungaphansi kwe5°C lokutshisa okungaphezu kwe60°C kuyamisa ukwanda kwalezimpethwana. Loba kunjalo, okunye okuzimpethwana okuyingozi kuyenelisa ukukhula emqandweni ongaphansi kwe5°C.



Sebenzisa amanzi ahlanzekileyo

- ✓ Sebenzisa amanzi ahlanzekileyo sonke isikhathi. Hlanza angahlanzekanga ngomuthi kumbe ngokwabilisa.
- ✓ Khetha ukudla okungabolanga, okwakha umzimba.
- ✓ Khetha ukudla okwelatshweyo kwakhitswa imikhuhlane, okunjenge *pasteurized milk*.
- ✓ Gezisa izithelo lezilimo zesivandeni, ikakhulu nxa kuzadliwa kusaluhlaza.
- ✓ Ungasebenzisi ukudla osokwedlule isikhathi sakho sokusebenza, *expiry date*.

Ngenxa yani?

Izinto ozisebenzisa nsuku zonke okunjengamanzi kungathwala izimpethwana lemithi eyingozi. Imithi eyingozi idaleka ekudleni osokuhlale kakhulu, osokuze kubola. Kumela sinanzelele iloba yini esiyisebenzisayo, sigezise loba sihlube iloba yini okumele yenziwe njalo. Kuqakathekile ukuhlazeka emikhutsheni yethu yonke, kuyehlisa ingozi kumpilakahle yethu.

Asisebenzeleni ndawonye ekuvikeleni iKholera!