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Izimpawu ezinhlanu eziphathelene nokudla okulondekile

Zigcine uhlanzekile

- ✓ Geza izandla zakho ngaphambi kokuthinta ukudla kanye nalapho ulungisa/wenza ukudla
- ✓ Geza izandla zakho emuva kokuya endlini encane
- ✓ Geza uphinde ugcine kuhlanzekile zonke izindawo ezisetshenziselwa ukulungiselela ukudla
- ✓ Vikela izindawo zekhishi kanye nokudla okuvela kuzinambuzane kokubulalayo nakwezinye izinambuzana

Kungani?

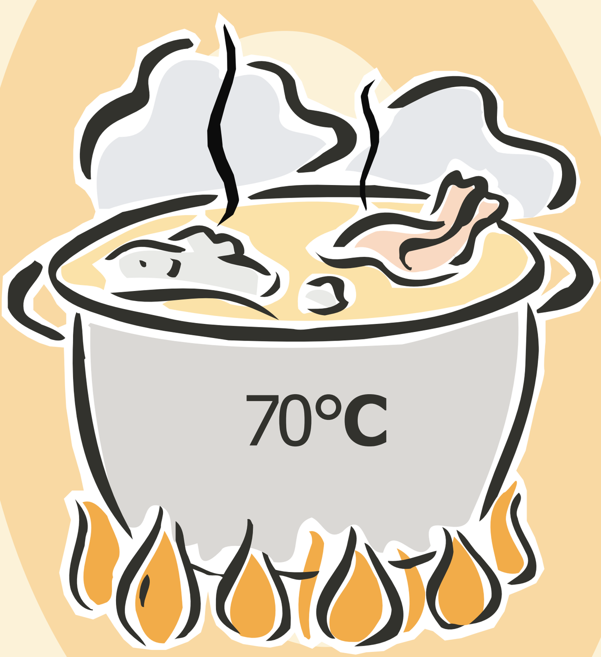
Kungenzeka ukuthi okuningi okuncane okuphilayo kungabangia izifo, okuncane okuphilayo okuyingozi kuyatholakala kakhulu emhlabathini emanzini, ezilwaneni nasebantwini. Loku okuncane okuphilayo kuthwalwa ngezandla, ngezindwangu zokusula kanye namathulusi okudla, ikakhulukazi kumabhodi okusikela kanti ukuxhumana okuncane kungakudlulisela ekudleni bese kubanga izifo eziqukethwe wukudla.

Hlukanisa ukudla okuluhlaza nokuphekiwe

- ✓ Hlukanisa inyama eluhlaza, inkukhu kanye nokudla kwasolwandle nokunye ukudla
- ✓ Sebenzisa izisetshenziswa ezehlukile kanye nezikhali zokudla ezifana nemimmese kanye namabhodi okusikela ekuphatheni ukudla okuluhlaza
- ✓ Gcina ukudla ngaphakathi kweziphatho ukuvikela ukuthi kube nokuxhumana phakathi kokudla okuluhlaza nokudla esekulungisiwe

Kungani?

Ukudla okuluhlaza, ikakhulukazi inyama, inkukhu kanye nokudla kwasolwandle, kanye na majusi lwazo, kungaqukatha okuncane okuphilayo okuyingozi okungangena kokunye ukudla ngenkathi ukulungisa futhi ukugcina.

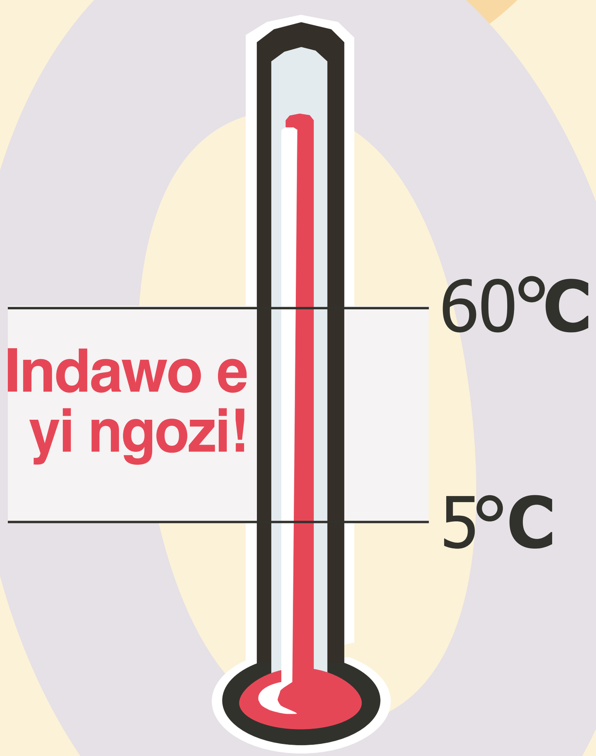


Pheka kakhulu

- ✓ Pheka ukudla kakhulu, ikakhulukazi inyama, inyama yenkukhu, amaqanda kanye nokudla kwasolwandle
- ✓ Yenza ukudla okufana namasobho nezitshulu ukuthi zibile uqinisekise ukuthi zifike ku-70°C. Qinisekisa ukuthi enyameni nasenyameni yenkukhu awasekho amajusi, akumele kube nombala wesiphofu. Empeleni sebenzisa ithemomitha.
- ✓ Fudumeza ukudla okuphekiwe kakhulu

Kungani?

Ukupheka ngemfanelo kubulala cishe konke okuncane okuyingozi. Izifundo zocwaningo ziye zabonisa ukuthi ukupheka ukudla ukufika ku-70°C kungasiza ukuqinisekisa ukuthi kuphephile ukukudla. Ukudla okudinga ukuqashelwa okukhethekile kufaka izinyama ezigayiweyo, inyama ethosiwe yenziwa yagingqika, Izinyama ezingamalunga amakhulu kanye nenkukhu ephelele.



Gcina amazinga okushisa nokubanda kokudla aphephile

- ✓ Ungayeki ukudla okuphekiwe emazingeni okushisa endlulangaphezu kwamahora ama-bili
- ✓ Faka esiqandisini ngokushesha konke ukudla okuphekiwe nokubolayo (ngokukhethiweyo ngaphansi kuka-5°C)
- ✓ Gcina ukudla okuphekiwe kushisa kakhulu (ngaphezu kwama-60°C) ngaphambi kokukupheka
- ✓ Ungagcini ukudla isikhathi eside noma kungaphakathi kwesiqandisi
- ✓ Ungancibilikisi ukudla okuyiqeqeba lamakhaza ezingeni lokushisa lasendlini

Kungani?

Okuncane okuphilayo kungaziphindaphinda ngokushesha okukhulu uma ukudla kugcinwe ezingeni lokushisa lendlu. Ngokugcina amazinga okushisa angaphansi kuka-5°C noma angaphezu kuka-60°C, ukukhula kokuncane okuphilayo kuyehla noma kumiswe. Okunye okuncane okuphilayo kuyaqhubeka kukhule ngaphansi kuka-5°C.

Sebenzisa amanzi kanye nokudla okuluhlaza okuphephile

- ✓ Sebenzisa amanzi aphephile noma uwalaphe ukuthi aphephe
- ✓ Khetha ukudla okusha nokuphilisayo
- ✓ Khetha ukudla okwenziwa kwaphepha, okufana nobisi olususwe amagciwane
- ✓ Geza izithelo nemifino, ikakhulukazi uma uyidla iluhlaza
- ✓ Ungakusebenzisi ukudla osekudlulelwe yisikhathi

Kungani?

Ukudla okuluhlaza, okufakela amanzi kanye ne-ayisi, kungenzeka kube nokutheleleka kokuncane okuphilayo okuyingozi kanye namakhemikhali. Amakhemikhali ingozi angakheka ekudleni okumosakele nokukhuntile. Ukunakekela ekukhetheni ukudla okuluhlaza kanye nokuqapha okulula okufana nokuzigeza nokuzihluba amakhasi kungehlisa izinga lobungozi.

DEPARTMENT OF HEALTH
Directorate: Food Control

Ulwazi = Ukuvikela

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