

# Amakhiye amahlanu esifika ngawo ekudleni okuhle



## Hlanzeka

- ✓ Geza izandla ngamanzi agelezayo anduba ubambe ukudla, langesikhathi upheka kumbe ulungisa ukudla.
- ✓ Geza izandla ngamanzi agelezayo emva kokusebezvisa 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 okuyingozzi 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 okuyingozzi okungangena kokunye ukudla ngesikhathi kuphekwa kumbe kugciniwe.

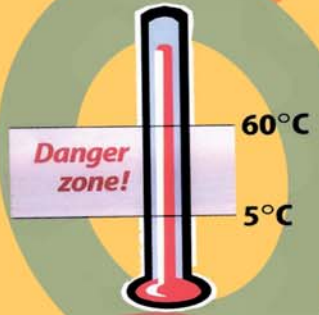


## Phekisisa

- ✓ 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 okuyingozzi. 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 kwe60°C lokutshisa okungaphezu kwe60°C kuyamisa ukwanda kwalezimpethwana. Loba kunjalo, okunye okuzimpethwana okuyingozzi 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 eyingozzi. Imithi eyingozzi idaleka ekudleni osokuhlale kakhulu, osokuze kubola. Kumela sinanzelele iloba yini esiyisebenzisayo, sigezise loba sihlube iloba yini okumele yenziwe njalo. Kuqakathekile ukuhlanzeka emikhutsheni yethu yonke, kuyehlisa ingozi kumpilakahle yethu.

**Asisebenzeleni ndawonye ekuvikeleni iKholera!**