

# Faef Fala Ki Long Gud Kaikai



## Kip Klin

- ✓ Wasim han blong iu bifo holem kaikai an olowe tu taem preparem kaikai
- ✓ Wasim han blong iu taem iu finis go long toalet
- ✓ Wasim an klinim gud olketa samting iu usim fo preparem kaikai
- ✓ Protektim gud kisin area an olketa kaikai from olketa insect an nara no gud animols

## Wae?

Staka olketa smol fala sineke no save mekem iu sik bata sam fala no gud wan iumi save lukim long graon, wata, animol an olketa man tu. Olketa sineke ia stap long han, taem iu rabem plate an spoon, an timba iu usim fo katem kaikai long hem, an save go long kaikai an mekem man sik.



## Separetim antane an tane kaikai

- ✓ Separetim antane meat, kokorako an kaikai lo sea from olketa nara fala kaikai
- ✓ Usim separet equipment an utensils olsem knife cutting board fo holem an preparem antane kaikai
- ✓ Storem gud olketa kaikai insaet long container fo avoidem contact lo antane kaikai an kaikai olketa preparem

## Wae?

Olketa antane kaikai olsem meat, kokorako an olketa kaikai lo sea an wata blong olketa, save garem olketa nogud germs wea hemi save go long nara kaikai taem iu preparem an storem.

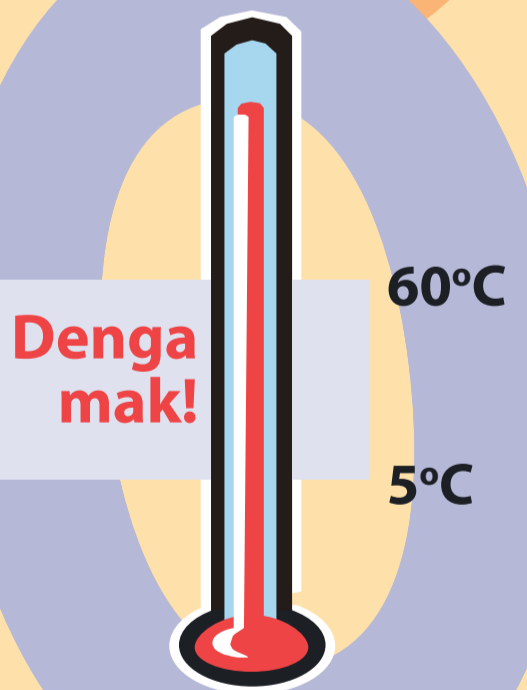


## Kukim gud

- ✓ Kukim gud olketa kaikai olsem meat, kokorako, egi an kaikai lo sea
- ✓ Boilem gud olketa kaikai olsem supsup and stew fo olketa hot gud kasem 70°C. Juice blong meat and kokorako mas no garem nara kala. Iu mas testim hot blong hem
- ✓ Hotem tane an cold kaikai gud

## Wae?

Olketa talem sapos iu kukim gud kaikai iu save kilim olketa nogud germs. Tinktink gud taem iu kukim olketa meat garem big joins an ful kokorako.



## Kipim kaikai long safe temperature

- ✓ No livim tane kaikai long room temperature ovam 2 fala hour
- ✓ Putim tane kaikai an olketa nara fala kaikai save nogud kwik insaet long ice (below 5°C).
- ✓ Kipim tane kaikai hot olowe bifo iu save sharem
- ✓ No storem kaikai long taem tumas insaet long ice
- ✓ No meltim block kaikai long room temperature

## Wae?

Olketa germ save grou kwik taem if iu storem kaikai long open air. Sapos iu Kipim below 5°C an winim 60°C, olketa bae no save grou. Sam fala bae stil grou long cold ples.



## Usim Gud Wata an antane Samting

- ✓ Usim gud wata or treatim fo mekem wata gud mo
- ✓ Selektim fresh an gud fala kaikai
- ✓ Choosim gud kaikai wea olketa wakem finis olsem wata milk
- ✓ Wasim fruits an vegetables sapos iu baem antane one
- ✓ No usim olketa kaikai olketa kasem expiry date

## Wae?

Antane samting olsem wata an ice, olketa nogud germs an chemicals save spoelem olketa. Rabis chemical save form ap insaet long nogud kaikai. Iu mas careful taem iu bae an olketa easy rules olsem, waswas an pilam kaikai save katem daon risk.