

Ilaalinta Waqtiga/Heerkulka si loo fayo-dhowro Cuntada (TCS)

AQOONSIGA CUNTADA TCS IYO XAQIIJINTA BADQABKA CUNTADA

Sifooyinka cuntada TCS

Qeexitaanka cuntada TCS waxaa lagu saleeyaa sifooyinka soo socda ee cuntada:

- pH, ama heerka aasidka
- shaqada biyaha (aw)
- iskudhafka pH iyo aw
- Daawaynta dabka
- Baakadayn

Tusaalayaasha cuntada TCS

Cuntada ka timaada xoolaha ee ceeriinka ah, la kariyay ama qayb ahaan la karshay, sida ukunta, caanaha, hilibka ama digaaga.

Cuntada asalkeedu ka yimid geedaha ee la karshay sida bariiska, baradhada iyo baastada.

Cuntada beeraha sida miraha misirta ceeriinka ah, qaraha la jaray, yaanyada la jaray iyo caleenta cagaaran.

Iskudarka ay ku jiraan yaanyada la jaray iyo toon saliida ku jirta, ilaa in wax laga badalay maahee si looga hortago bakteeriyada cudurka keenaysa ama samaysmida sun.

Aaga khatarta ee heerkulka

Cabirka heerkulka ee bakteeriyada cudurka keenta ka dhalato inta badan cuntada TCS ayaa loogu yeeraa aaga khatarta ee heerkulka.

- Aaga khatarta ee heerkulka ayaa u dhexeeya 41°F iyo 135°F.
- Cuntada TCS waa inay ka gudubtaa aaga khatarta ee heerkulka sida ugu dhakhsaha badan ee suurtagalka ah.
- Cuntada kulul kulayl ha ahaato midda qaboowna qaboow ha ahaato. Mar kasta isticmaal aalada heerkulka cabirta si aad u hubiso heerkulka gudaha ee cuntada.

Xakamaynta heerkulka

Adeegsiga xakamaynta heerkulku waxay yaraysaa suuragalnimada in bakteeriyada khatarta ah ku abuuranto iyo gelitanaka sun ay gasho cuntada TCS. Xakamaynada heerkulka ayaa cuntada gabi ahaanba ka ilaaliya aaga khatarka ama ka gudbiya cuntada aaga khatarta sida ugu dhakhsaha badan ee suuragalka ah.

Helitaanka

- Haddii aan heerkulka cuntadu buuxin shuruudaha ama haddii cuntada TCS ay muujiso ku xadgudub hore oo heerkulka ah, ha aqbalin cuntada, ama iska tuur cuntada.

Ku haynta qaboow

- Cuntada qaboow ha ahaato 41°F ama hoos.
- Cuntada la qaboojiyay waa inay qaboow ahaato.

Dhalaalin

- Ku dhalaali talaagada, biyo socda hoostooda ama qayb kamid ah hanaanka karinta.
- Haku dhalaalin heerkulka caadiga ah.

Karin

- Ku kari dhammaan cuntada TCS heerkulka iyo waqtiga loo baahan yahay.

Kulayl ku haynta

- Cuntada kulul ha ahaato 135°F ama heer ka sareeya.
- Roosto sifiican loo karshay ayaa lagu hayn karaa heerkul dhan 130°F ama ka badan.

Qaboojin

- Cuntada TCS waa in qaboojinta lagasoo bilaabaa 135°F ilaa 70°F muddo 2 saac gudaheed ah iyo waa in si buuxda loo qaboojiyaa ilaa heerkulka 41°F ama ka hoos muddo 6 saacadood ah gudahood.
- Cuntada TCS ee laga sameeyay maadooyinka heerkulka caadiga ah waa in la qaboojiyaa ilaa heerka 41°F ama ka hoos 4 saacadood gudahood.

Dib u kululayn

- Degdeg dib ugu kululee cuntada, 2 saacadood gudahood.
- ▪ Cunto TCS ee guriga lagu sameeyay kadibna dib loo kululeeyay si ay kulayl u ahaado waa inay gaartaa heerkulka gudaha ugu yaraan 165°F muddo 15 daqiiqo ah.

Hennepin County Environmental Health

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Time-temperature control for safety food_Somali_HC_6-25

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