

Shuruudaha Cuntada ee Waqtiga iyo Heerkulka

Temperature and Time Requirements for Food

XAKAMAYNTA KOBACA JEERMISYADA CUNTADA KA DHASHA CONTROLLING GROWTH OF FOODBORNE PATHOGENS

Somali

Aaga khatarta ee heerkulka

Cabirka heerkulka ee bakteeriyada cudurka keenta ka dhalato xakamaynta heerkulka badqabka cuntada (TCS) ayaa loogu yeeraa aaga khatarta ee heerkulka.

- Aaga khatarta 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 cuntada.

Qaboojinta Cuntada

- Kasoo qabooji cuntada kulul heerkulka:
 - 135°F kana dhig 70°F labo saacadood gudahood

IYO

- 135°F kana dhig 41°F ama ka hoos muddo 6 saac ah gudaheed wadarta guud.
- Hadba sida qaboojinta cuntada loo boobsiiyo, ayaa sii wanaagsan tahay.

Qaboow ku haynta cuntada

- Ku ilaali cuntada qaboow heerkulka 41°F ama ka hoos.
- Cuntada la qaboojiyay waa inay qaboow ahaato.

English

Temperature danger zone

The temperature range at which disease-causing bacteria grow best in time/temperature control for safety food (TCS) is called the temperature danger zone.

- Temperature danger zone is between 41°F and 135°F.
- TCS food must pass through the temperature danger zone as quickly as possible.
- Keep hot food hot and cold food cold. Always use a thermometer to check food temperatures.

Cooling food

- Cool hot food from:
 - 135°F to 70°F within two hours
- AND**
- 135°F to 41°F or below within a total of six hours.
 - The faster food is cooled, the better.

Cold holding food

- Maintain cold food at 41°F or below.
- Frozen food must remain frozen.

Karinta cuntada xoolaha ee ceeriinka ah

Shaxda hoose waxay muujinaysaa shuruudaha ugu yar ee qaar kamid ah cuntooyinka xoolaha ee ceeriinka ah kuwa ugu caansan.

| Cuntada | Heerkulka gudaha iyo waqtiga |
|---|---|
| Hilibka digaaga Xayawaanada duurjoogta Kaluun dalacan, hilib, baasto ama digaag Cunto isku jirta oo ku jiro kaluun, hilib ama digaag | 165°F muddo 15 ilbiriqsi ah |
| Hilibka oodkaca ama caadiga ah, kaluun, iyo xayawaanada ugaarta Ratitae Hilib la duray ama la jilciyay Ukunta biyaha kulul | 158°F (degdeg) AMA 155°F muddo 15 ilbiriqsi ah AMA 150°F muddo 1 daqiiqo ah AMA 145°F muddo 3 daqiiqo ah |
| Kaluunka Hilibka muruqa oo dhan Xoolaha ugaarta Ukunta adeegga degdeg ah | 145°F muddo 15 ilbiriqsi ah |

Kulayl ku haynta cuntada

- Ku ilaali cuntada kulul heerkulka 135°F ama ka sareeya.
- Roosto sifiican loo karshay ayaa lagu hayn karaa heerkul dhan 130°F ama ka badan.

Cunto dib u kululayn

- Cuntada guriga lagu sameeyay kadibna dib loo kululeeyay si ay kulayl u ahaato

Cooking raw animal food

The table below shows minimum requirements for some common raw animal food.

| Food | Internal temperature and time |
|---|---|
| Poultry Wild animals Stuffed fish, meat, pasta or poultry Stuffing containing fish, meat or poultry | 165°F for 15 seconds |
| Chopped or ground meat, fish, and game animals Ratitae Injected or tenderized meats Eggs for hot holding | 158°F (immediate) OR 155°F for 15 seconds OR 150°F for 1 minute OR 145°F for 3 minutes |
| Fish Whole muscle meat Game animals Eggs for immediate service | 145°F for 15 seconds |

Hot holding food

- Maintain hot food at 135°F or above.
- Properly cooked roasts may be held at 130°F or above.

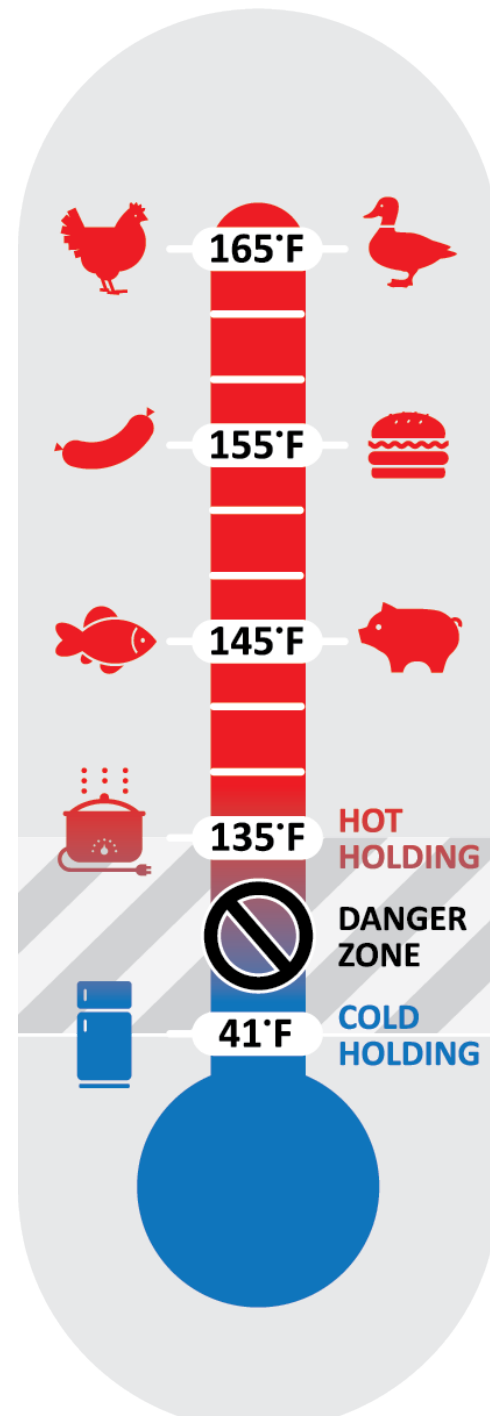
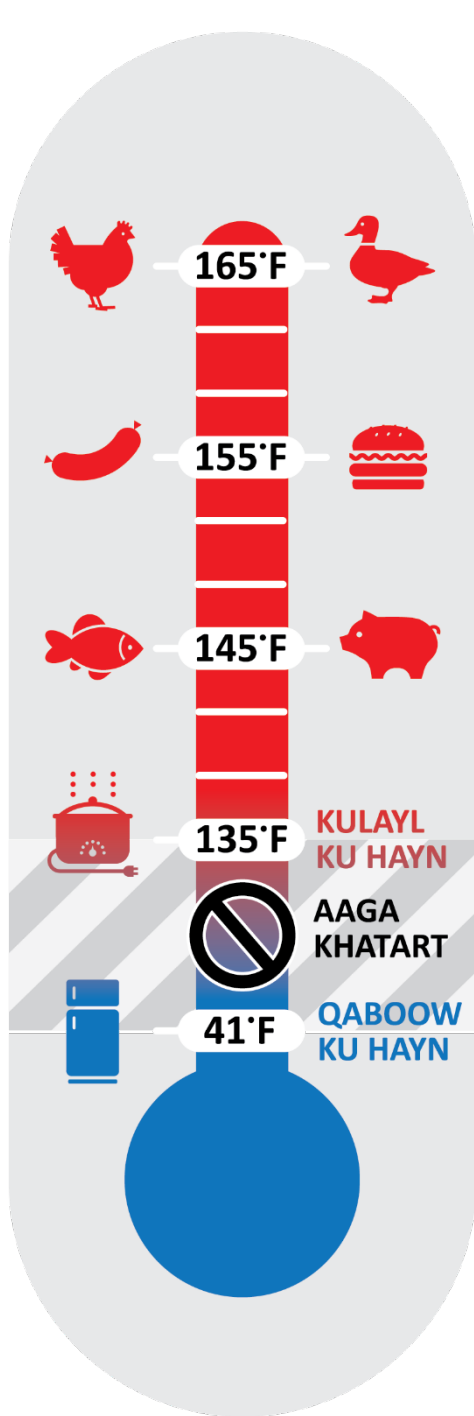
Reheating food

- Food made in-house and reheated for hot holding must reach an internal

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- | | |
|---|---|
| <p>waa inay gaartaa heerkulka gudaha ugu yaraan 165°F muddo 15 ilbiriqsiyo ah.</p> <ul style="list-style-type: none">▪ Cuntada lagu sameeyay warshadaha cuntada sameeya, lagu furay goobta cuntada, kadibna dib loo kululeeyay si kulayl loogu hayo waa inay gaartaa heerkulka 135°F.▪ Degdeg dib ugu kululee cuntada, labo saacadood gudahood.▪ Cuntada la kariyay si sax ahna loo qaboojiyay ayaa lagu cuni karaa heerkulkii la rabo haddii isla markaaba la cunaayo. | <p>temperature of at least 165°F for 15 seconds.</p> <ul style="list-style-type: none">▪ Food made in a food processing plant, opened in the food establishment, and reheated for hot holding must reach a temperature of 135°F.▪ Reheat food rapidly, within two hours.▪ Food that has been cooked and cooled properly may be served at any temperature if it is going to be served immediately. |
|---|---|

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Macluumaadka (Resources)

[Minnesota Department of Health Food Business Safety](http://www.health.state.mn.us/foodbizsafety)
(<http://www.health.state.mn.us/foodbizsafety>)

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