



# 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, ezelwaneni nasebantwini. Loku okuncane okuphilayo kuthwalwa ngezandla, namathulusi okudla, ikakhulukazi kumabhodi okusikela kanti ukux humana okuncane kungakudluisela ekudleni bese kubanga izifo eziqukethwe wukudla.

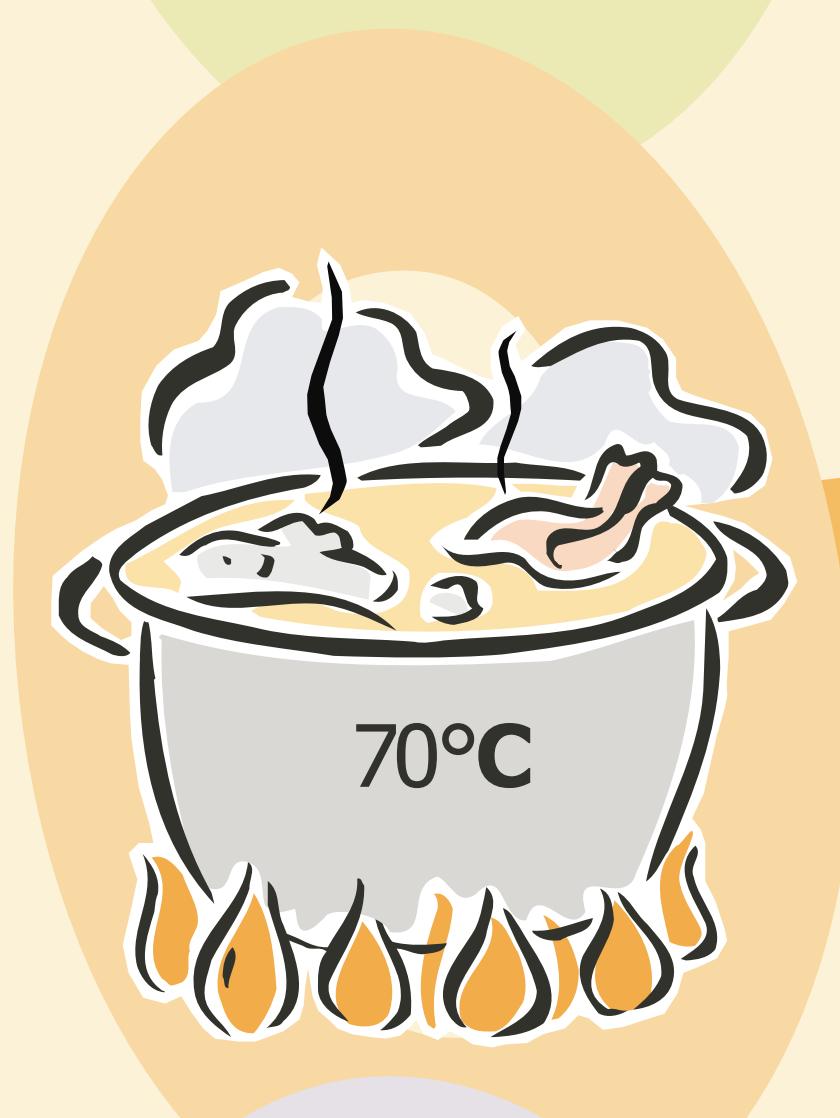


## Hlukanisa ukudla okuluhlaza nokuphekiwe

- ✓ 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 kweziphathe ukuvikela ukuthi kube nokuxhumana phakathi nokudla okuluhlaza nokudla esekulungisiwe

Kungani?

Ukudla okuluhlaza, ikakhulukazi inyama, inkukhu kanye nokudla kwasolwandle, kanye na majusi lwazo, kungaqukatha okuncane o k u p h i l a y o o k u y i n g o z i okungangena kokunye ukudla ngenkathi ukulungisa futhi ukugcina.

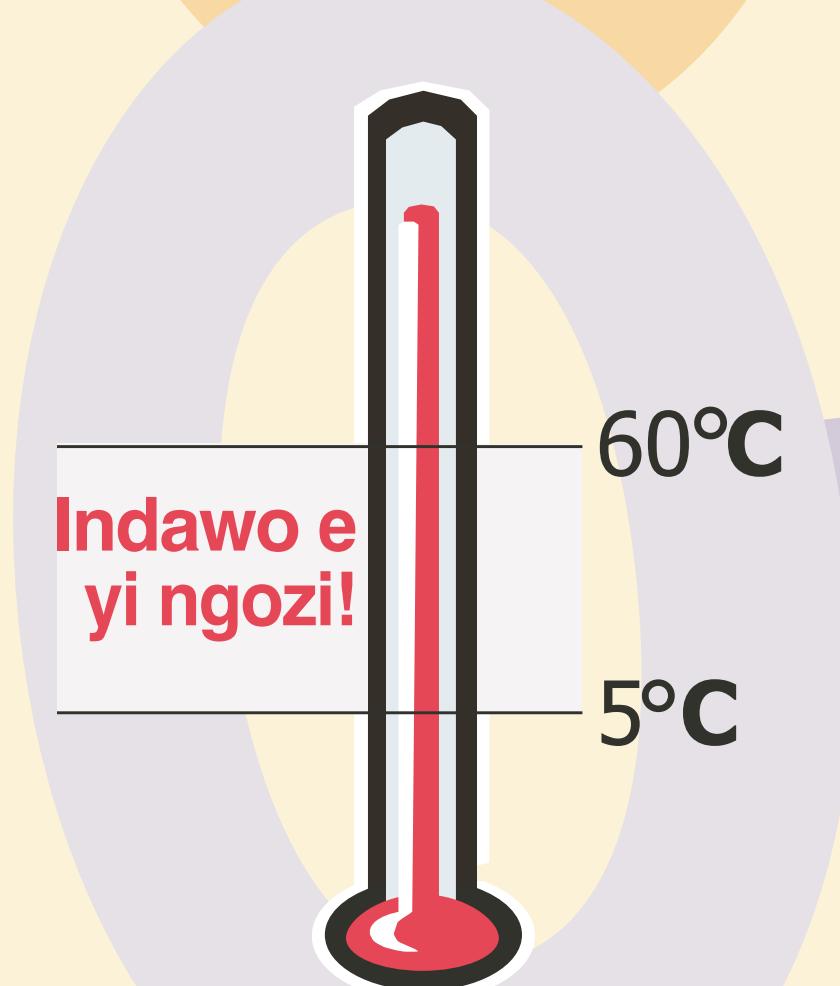


## Pheka kakhulu

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

Kungani?

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



## Gcina amasinga 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)
- ✓ Ungagcini ukudla isikhathi eside noma kungaphakathi kwesiqandisi
- ✓ Ungancibilikisi ukudla okuyiqeqeba lamakhaza ezingeni lokushisa lasendlini

Kungani?

O k u n c a n e o k u p h i l a y o o k u p h i l a y o kungaziphindaphinda ngokushesha okukhulu uma ukudla kugcinwe ezingeni lokushisa lendlu. Ngokugcina amasinga okushisa angaphansi kuka-5°C nomafokucane okuphilayo kuhule noma kokiswe. Okunye okuncane okuphilayo kuyaqhubeke kuhule ngaphansi kuka-5°C.



## Sebenzisa amanzi kanye nokudla okuluhlaza okuphephile Kungani?

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

Ukudla okuluhlaza, okufakela amanzi kanye ne-ayisi, kungenzeka kube nokutheleka kokuncane okuphilayo okuyingozi kanye namakhemikhali. Amakhemikhali ingozi angakheka ekudleni okumosakela nokukhentheni ukudla okuluhlaza kanye nokuqapha okulula okufana nokuzigeza nokuzihluba amakhasi kungehlsa izinga lobungozi.