

Amanqaku amahlanu okutya Okukhuselekileyo



Gcina Ucoceko

- ✓ Hlamba izandla zakho phambi kokuphatha ukutya
- ✓ Naxa ulungisa ukutya
- ✓ Hlamba izandla zakho emva kokuusebenzisa indlu yangaseseCoca zonke izinto ozisebenzisayo xa ulungisa ukutya
- ✓ Indlu yokuphekela ma ihlale icocekile kwenzele ukuba amagciwane angangeni ekutyeni

Kutheni?

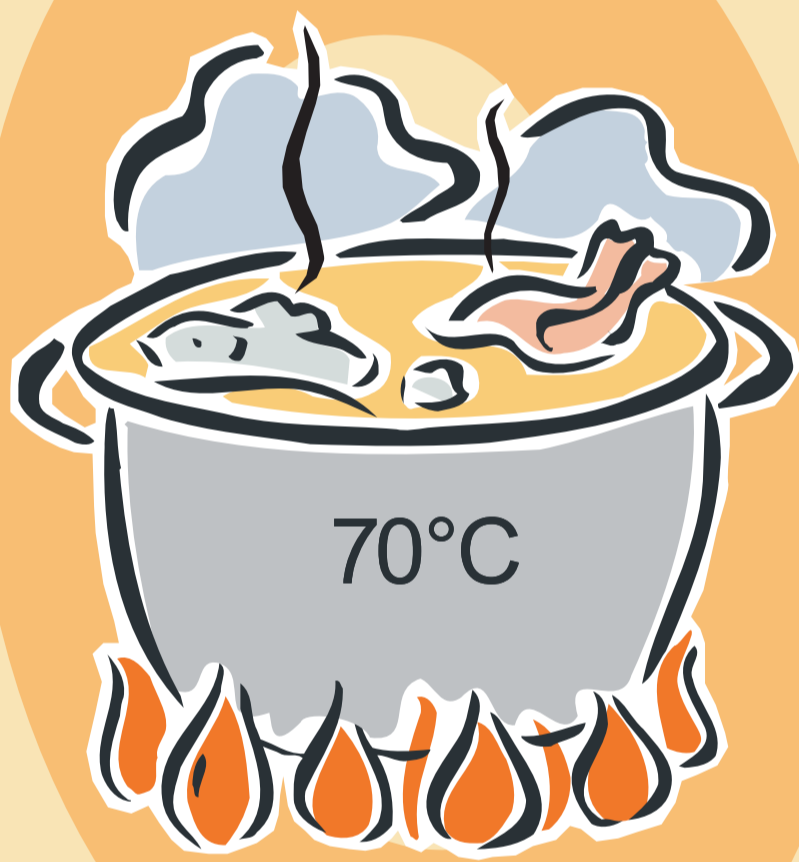
Intsholongwane ezininzi azenzi zigulo kodwa intsholongwane ezinibungozi ziyafumaneka emhlabeni, emanzini, ezilwanyaneni nase bantwini. Ezintsholongwane zihlala ezandleni, kwi fadukwe kunye nasentweni zokupheka ezinjenge sithebe sokusikela ezithi xa zidibana nokutya zenze isisu



Ukutya okungakaphekwa ma kungadityaniswa nokutya okuphekiweyo

- ✓ Ukutya Okungakaphekwa ma kungadityaniswa nokutya okuphekiweyo
- ✓ Yohlule inyama ekrwada, inkukhu, inyama yase lwandle nokunye ukutya
- ✓ Sebenzisa izinto ezohlukeneyo zokupheka ezinjenge mela, isithebe sokusikela xa usenza ukutya okukrwada
- ✓ Gcina ukutya kwakho ezityeni kwenzela ukuba uqinisekise ukuba ukutya okukrwada akudibani nokutya okuvithiweyo.

Ukutya okuluhlaza okunjenge nyama yenkukhu kunye nyama yaselwandle kunye nesupu ngamny amaxesha kuba nentsholongwane ezinokusulela okunye ukutya ngexesha lokukulungiselela ukupheka naxa kugcinwe kwi khabhathi

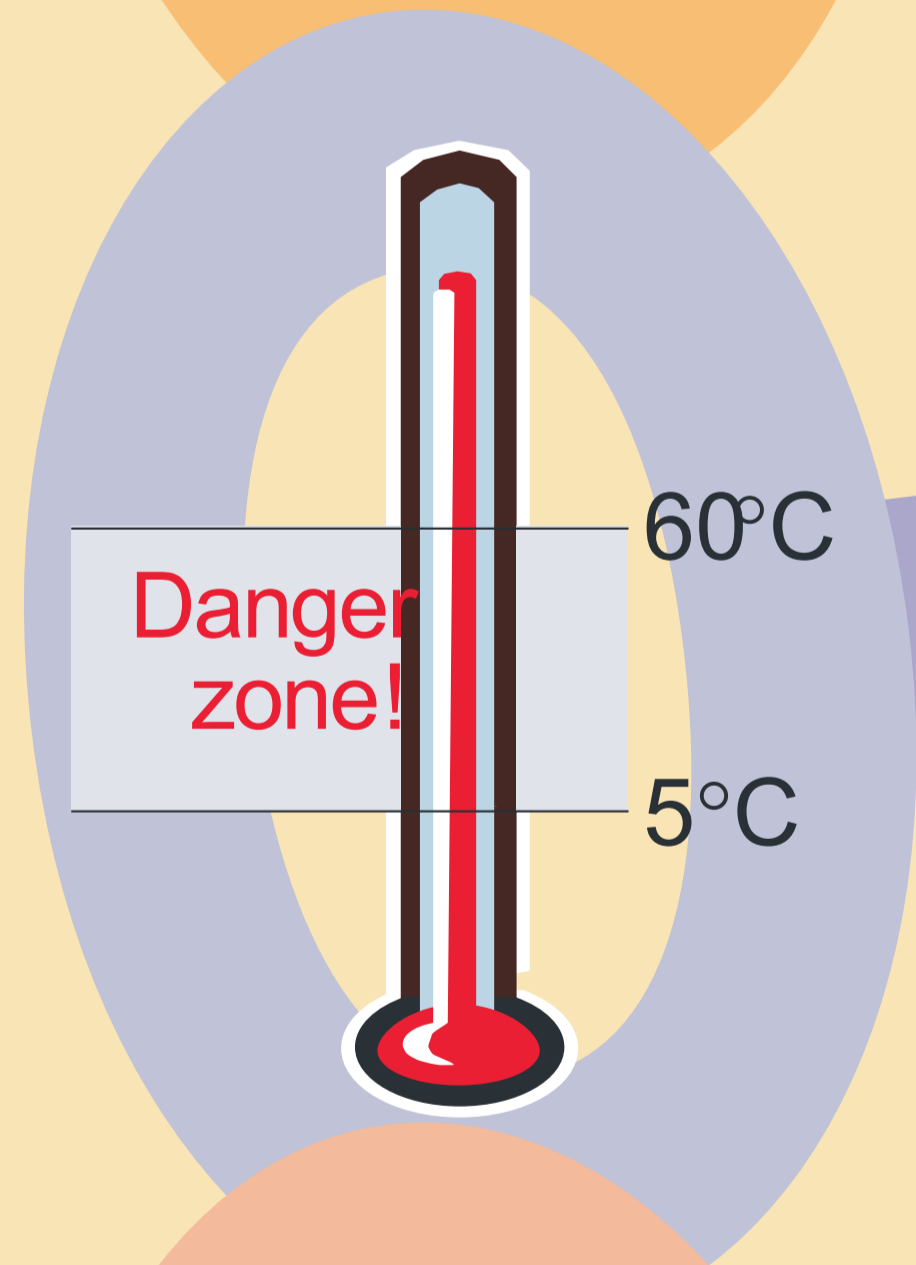


Pheka ukutya ngokugqibeleleyo

- ✓ Pheka ukutya kuvuthwe kakhulu inyama, inkukhu, amaqanda kunye nokutya kwase lwandle
- ✓ Yenza ukuba ukutya okufana ne supu kunye ne stew ukuba zibile zide zifike kubushushu obungu 70C. umhluzi wenyama yenkukhu kunye neye nyama ebomvu mawungabina gazi. Ungasebenzisa isilinganissi ukukala ubushushu (thermometer).
- ✓ Fudumeza ukutya okuphekiweyo kakuhle

Kutheni?

Ukupheka ukutya kuvuthwe kubulala intsholongwane. Uphando lubonisa ukuba ukupheka ukutya kubushushu obungaphezu ko 70°C kwenza ukutya okulungele ukutyiwa. Ukutya okufuna ingqwalasela kuquka inyama esiliweyo, iyama ephekwa inganqunqwana kunye nenkukhu epheleleyo.



Gcina ukutya kubushushu obukhuselekileyo

- ✓ Ungagcini ukutya okuphekiweyo kubushushu bendlu ngaphaya kwe yure izimbini
- ✓ Gcina ukutya kwakho emkhenceni , imifuno kunye neziqhamo (kumlanganiselo wokubanada ongu 5C)
- ✓ Gcina ukutya okuphekiweyo kushushu (ngaphezu ko 60C) phambi kokutya)
- ✓ Ungagcini ukutya ixesha elide Unganyibikisi ukutya okusemkhenceni kubushushu bendlu

Kutheni?

Intsholongwane zanda ngokukhawuleza xa ukutya kugcinwe kwiqondo lobushushu bendlu. Xa ukutya kugcinwe kubushushu obungaphantsi ko 5°C okanye obungaphezu ko 60°C ukukhula kwazo kuyacotha okanye zingakhuli. Ezinye zentsholongwane ezinobungozi ziyakhula nakumaqondo obushushu angaphantsi ko 5°C.



Sebenzisa amanzi acocekileyo kunye notya okukrwada

- ✓ Sebenzisa amanzi acocekileyo okanye uwacoce wokutyiwa
- ✓ Khetha ukutya okuphuma emhlabeni nokusemngathweni
- ✓ Khetha ubisi olukhutshwe amagciwane futhi ulubalise
- ✓ Hlamba iziqhamo kunye ne mifuno kakhulu xa xa uzakuyitya ikrwada
- ✓ Ungasabenzisi ukutya osekuphelelewe lixesha

Kutheni?

Ukutya okukrwada okuquka amanzi kunye nomkhenkce kungangcoliseka zintsholongwane ezinobungozi nangamachiza anobungozi. Amachiza anobungozi angafumaneka ekutyeni okobethekileyo (njengetoti eziboqokileyo) nokungundileyo. Ukukhetha ngobuchule ukutya okukrwada nokukhlamba okanye ukuxobule kunganceda ukucutha ukungcoliseka.