

## Food Safety Songs Final Version

### 1 – Kitchen Cleanliness is #1 餐厅清洁是第一 Cāntīng qīngjié shì dì yī

美味佳肴 我们做，请你来品尝。  
Měiwèi jiāyáo wǒmen zuò, qǐng nǐ lái pǐncháng

*All: Please taste our delicious foods*

我们是一群快乐的炊事员。  
wǒmen shì yì qún kuài le de chuí shì yuán

*We are a happy kitchen staff*

美味佳肴 我们做，请你来品尝。  
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不要慌，不要忙，各位听我讲，  
Bùyào huāng, bù yào máng, gèwèi tīng wǒ jiǎng  
*Leader: Don't get too confused or busy, listen to my words*

开始工作前，清洁是关键，  
Kāishǐ gōngzuò qián, qīngjié shì guānjiàn

*Before you start in the kitchen, cleanliness is key*

洗手，洗衣服，清洁工作面，洗盘，又洗锅，还有器具全。  
xǐ shǒu, xǐ yī fu, qīngjié gōngzuòmian; xǐ pán, yòu xǐ guō, hái yǒu qì jù quán  
*All: Wash hands, clothes, clean work surfaces; clean dishes, pans and all utensils*

还要请注意，水必须干净，  
hái yào qǐng zhùyì, shuǐ bì xū gānjìng

*Leader: Also pay attention that the water must be clean*

食物要安全，洁净是关键。  
shíwù yào ānquán, jiéjìng shì guānjiàn

*All: For food safety, cleanliness is key*

食物保安全，顾客放在先。  
shíwù bǎo ānquán, gùkè fāngzài xiān

*Leader: For food safety, keep the customer first in your mind*

注意清洁讲卫生，食物保安全。  
zhùyì qīngjié jiǎng wèishēng, shíwù bǎo ānquán

*All: pay attention to cleaning, hygiene - protect food safety*

鱼、肉、虾、牛排，烹制味美鲜。  
yú, ròu, xiā, niú pái pēngzhì wèi měi xiān

*Fish, meat, shrimp, steak; cook fresh foods with beauty and flavor*

人人都可爱，厨师、服务员。  
rén rén dōu kě ài chùshī fúwùyuán

*You are all lovely, chef and kitchen staff*

美味佳肴 我们做，请你来品尝，  
měiwèi jiāyáo wǒmen zuò, qǐng nǐ lái pǐncháng

*All: Please taste our delicious foods*

我们是一群快乐的炊事员。

wǒmén shì yì qún kuài lè de chuī shì yuán

*We are a happy kitchen staff*

美味佳肴 我们做，请你来品尝，

Měiwèi jiāyáo wǒmen zuò, qǐng nǐ lái pǐncháng

*All: Please taste our delicious foods*

我们是一群快乐的炊事员。

wǒmen shì yì qún kuài lè de chuī shì yuán

*We are a happy kitchen staff*

我们是一群快乐的炊事员。

wǒmen shì yì qún kuài lè de chuī shì yuán

*We are a happy kitchen staff*

## **2 – Good Health, Healthy Mind 好健康，好心情 Hǎo jiànkāng, hǎoxīn qíng**

太阳升，鸟儿鸣，新的一天开始了，心里真高兴。

Tàiyáng shēng, niǎor míng, xīn de yī tiān kāishǐ le, xīnli zhēn gāoxìng

*Sun rises up, birds sing, a new day begins, heart is glad*

好身体，好心情，高高兴兴上班去。

Hǎo shēntǐ, hǎoxīn qíng, gāogāoxìngxìng shàngbān qù

*Good health, good frame of mind, glad to go to work*

安全你、我、他，牢记在心里。

Ānquán nǐ, wǒ, tā, láo jì zài xīn lǐ

*Safety is firmly in mind for you, him and me*

太阳升，鸟儿鸣，新的一天又开始，心里不高兴。

Tàiyáng shēng, niǎor míng, xīn de yī tiān yòu kāishǐ, xīnli bù gāoxìng

*Sun rises, birds sing, a new day begins, heart is not glad*

不舒服，没力气，我想我是生了病。

Bùshū fú, méi lìqì, wǒ xiǎng wǒ shì shēng le bìng

*Not comfortable, no strenght, I think I'm sick*

生了病，别着急，耐心呆家里。

Shēng le bìng, bié zháojí, nàixīn dāi jiā lǐ

*Don't worry if you're sick, stay at home patiently*

感冒、发烧多喝水；腹泻、呕吐要休息；

Gǎnmào, fāshāo duō hēshuǐ; fùxiè, ǒutù yào xiūxi;

*Flu or fever, drink a lot of water; diarrhea or vomiting, need to rest*

喉咙发炎、黄疸病，吃药打针看医生，

Hóulóng fāyán, huángdǎnbìng, chī yào dǎzhēn kàn yīshēng,

*Throat infection, jaundice, take medicine and see a doctor*

你可不要不在意！你可不要不在意！

Nǐ kěbù yàobù zàiyì! nǐ kěbù yàobù zàiyì!

*Don't ignore this, don't ignore this*

还有其它小问题，手受伤，要包起，

Hái yǒu qítā xiǎo wèntí , shǒu shòushāng , yào bāoqǐ ,  
*Another small problem – if you injure your hand, wrap it up*  
 最好就用创可贴。包扎好，还不行，  
 Zuì hǎo jiù yòng chuāng kè tiē Bāozhā hǎo , hái bùxíng ,  
*Best to use a bandaid, but wrapping alone isn't enough*  
 带上手套保干净，带上手套保干净。  
 Dàishàng shǒutào bǎo gānjìng , dàishàng shǒutào bǎo gānjìng  
*Then wear gloves to be clean, wear gloves to be clean*

太阳升，鸟儿鸣，又是一个好天气，心里真高兴。  
 Tàiyáng shēng , niǎor míng , yòu shì yī gè hǎotiān qì , xīnli zhēn gāoxìng  
*Sun rises, birds sing, weather is good, heart is glad*  
 好身体，好心情，高高兴兴上班去。  
 Hǎo shēntǐ , hǎoxīn qíng , gāogāoxìngxìng shàngbān qù  
*Health is good, good frame of mind, glad to go to work*  
 安全你、我、他，牢记在心里。  
 Ānquán nǐ , wǒ , tā , láo jì zài xīn lǐ  
*Pay attention to safety for you, me and him*  
 好健康，好心情，工作有劲又有趣，工作有劲又有趣！  
 Hǎo jiànkāng , hǎoxīn qíng , gōngzuò yǒujìn yòu yǒu qù , gōngzuò yǒujìn yòu yǒuqù !  
*Good health, good frame of mind, work energetic and interesting, energetic and interesting*

### 3 - Wash Hand 洗手歌 Xǐshǒu gē

工作在餐厅，安全是第一，要保持洁净，手要经常洗。  
Gōngzuò zài cāntīng, ānquán shì dì-yī Yào bǎochí jiéjìng, shǒu yào jīngcháng xǐ  
While working in the restaurant, safety is first Must maintain cleanliness, wash hands often.

手上细菌多，容易传染病，短短几分钟，解决大问题。  
Shǒushang xìjūn duō, róngyì chuánrǎnbìng Duǎnduǎn jǐ fēn zhōng, jiějué dà wèntí  
Many germs on hands, easy to spread germs. In a few minutes, you can solve this big problem  
冲一冲，擦一擦，我来把手洗。

Chōng yī chōng, cā yī cā, wǒ lái bǎshǒu xǐ  
Rinsing, wiping, I'll wash my hands.

要小心，要仔细，应当这样洗：

Yào xiǎoxīn, yào zǐxì, yīngdāng zhèyàng xǐ:  
Must be careful, must be attentive, this is how you must wash

用温水，用肥皂，只在专门的水池里；  
Yòng wēnshuǐ, yòng féizào, zhǐ zài zhuānmén de shuǐchí lǐ;  
Use warm water and soap, only in the special sink

冲着洗，才彻底，手臂指甲更要注意。

Chòngzhe xǐ, cái chèdǐ, shǒubì zhǐjia gèng yāo zhùyì  
For the sake of washing thoroughly, pay attention to arms and fingernails

洗完后，要擦干，干净的纸巾最适宜。

Xǐ wán hòu, yào cāgān, gānjìng de zhǐjīn zuì shì yí  
After you wash, wipe dry, clean paper towel is most suitable

工作在餐厅，手要经常洗，什么时候洗，我来告诉你：  
Gōngzuò zài cāntīng, shǒu yào jīngcháng xǐ, Shénme shíhou xǐ, wǒ lái gàosu nǐ:  
Working in the kitchen, wash hands often When should you wash? I'll tell you

(Kuai Ban)用了洗手间、打了喷嚏或是咳嗽后、  
Yòng le xǐshǒujiān, dǎ le pēntì huòshì késou hòu,  
After using the washroom, sneezing or coughing

抽了烟、进了食、喝了任何的东西后，你都得洗手。

Chōu le yān, jìn le shí, hē le rènhé de dōngxi hòu, nǐ dōu děi xǐshǒu  
After smoking, entering the kitchen or drinking, you must wash hands

手摸过头发、摸过脸、摸过身体或是衣服或是围裙、  
Shǒu mō guò tóufā, mō guòliǎn, Mō guò shēntǐ huòshì yīfu huòshì wéiqún  
After rubbing your hair, your face, your body or your apron

或是摸过未经消毒过的器材设备、  
Huòshì mō guò wèijīng xiāodú guò de qìcái shèbèi,  
Or any unsterilized equipment

工作台表面或是抹布后，你都得洗手。

Gōngzuòtái biǎomiàn huò shì mōbù hòu, nǐ dōu děi xǐshǒu  
or work station surface or cleaning cloth - must wash hands

还有，在处理生的食物前和后、

Háiyǒu, zài chùlǐ shēng de shí wù qiánhé hòu  
Also, when dealing with raw foods - before and after

处理可能影响食物安全的化学品之后，

Chǔlǐ kěnéng yǐngxiǎng shí wù ānquán de huàxuépǐn zhī hòu,  
After dealing with chemicals that could harm food safety

收拾过桌子、处理过垃圾，你都得洗手。

Shōushi guò zhuōzi, Chǔlǐ guò lājī, nǐ dōu děi xǐshǒu

*After bussing tables, dealing with trash, must wash hands*

还要请记住：在戴上手套前、在加工食物过程中、

Háiyào qǐng jì zhu: zài dàishàng shǒutào qián, Zài jiāgōng shíwù guòchéng zhōng,  
*Also please remember, before putting on gloves In the midst of processing food*

在拿过生的食物后，你都得洗手、洗手、你都得洗手。

zài ná guò shēng de shí wù hòu, nǐ dōu děi xǐshǒu, xǐshǒu, nǐ dōu děi xǐshǒu

*During and after handling fresh food, must wash hands*

**Back to singing:**

这样经常洗，过去不知道，过去不知道，现在要记牢。

Zhèyàng jīngcháng xǐ, guòqu bùzhī dào 。 Guòqu bùzhī dào, xiànzài yào jì láo

*For these reasons often wash, before I didn't know, you didn't know, know you must remember*

为了保安全，必须经常洗。只要几分钟，解决大问题。

Wèile bǎo'ān quán, bìxū jīngcháng xǐ 。 Zhǐ yào jǐ fēn zhōng, jiějué dà wèntí

*In order for safety, must often wash, Only a few minutes, resolve this big problem*

只要几分钟，解决大问题。

Zhǐ yào jǐ fēn zhōng, jiějué dà wèntí

*Only a few minutes, resolve this big problem*

#### 4 - 4. (Storage Temperature) 储存食物温度三要求 Chǔcún shíwù wēndù sān yāoqiú

食物 储存 若不当， 品质 安全 无保障，  
 Shíwù chǔcún ruòbù dāng, pǐnzhì ānquán wú bǎozhàng  
*If food is improperly stored, can't insure quality and safety*  
 如果 温度 不控制， 细菌 就会 到处 长。  
 Rúguǒ wēndù bù kòngzhì, xìjūn jiù huì dào chù zhǎng  
*If don't control the temperature, bacteria can grow everywhere*  
 到处 长， 很 麻烦， 食物 安全 无保障。  
 Dào chù zhǎng, hěn máfan, shíwù ānquán wú bǎozhàng  
*Growing everywhere, is a lot of trouble, can't guarantee food safety*  
 只要 我们 想 办法， 可让 细菌 无 处长！  
 Zhǐyào wǒmen xiǎng bànfǎ, kě ràng xìjūn wúchù zhǎng!  
*We must think of a way to keep bacteria from growing*

细菌 唱： 冰 箱 是 个 好 地方， 我 要 跟 这 些 食 物 一 起 来  
 Xìjūn chàng: bīngxiāng shì ge hǎo dìfang, Wǒ yào gēn zhèxiē shí wù yī qǐ lái  
*Bacteria sings: Refrigerator is a good place, I'll settle down with this food*  
 把 身 安。 真 舒 服 啊！ 我 来 把 身 安。  
 Bǎ shēn ān。 zhēn shūfu a! wǒ lái bǎ shēn ān。  
*Put myself here, it's really comfortable, put myself here*

冰 箱 唱： 细 菌、细 菌 坏 东 西， 我 不 喜 欢 你。  
 Bīngxiāng chàng: xìjūn, xìjūn huàidōngxi, wǒ bù xǐhuan nǐ  
*Refrigerator sings: Bacteria, bacteria, bad thing – I don't like you*  
 我 的 温 度 现 在 是 比 39 度 还 要 低，  
 Wǒ de wēndù xiànzài shì bì 39 dù hái yào dī  
*My temperature is 39 degrees or lower*

还 有 温 度 计， 时 刻 在 守 卫， 用 我 的 人 们， 总 是 紧 关 门。  
 Háiyǒu wēndùjì, shíkè zài shǒuwèi, Yòng wǒ de rénmen, zǒngshì jǐn guānmén  
*Also the thermometer is a guard, people always shut the door tightly*  
 我 们 一 起 想 办 法， 细 菌 无 处 来 生 长。

Wǒmen yīqǐ xiǎng bànfǎ, xìjūn wúchù lái shēngzhǎng  
*Together we have a solution, bacteria has no place to grow*  
 细 菌 唱： 哇， 好 难 受， 我 还 是 快 逃 吧！  
 Xìjūn chàng: wa, hǎo nánshòu, wǒ hái shì kuài táo ba!  
*Bacteria sings: Wa, very uncomfortable, I'm outa' here!*

细菌 唱： 冷 柜 是 个 好 地方， 我 要 跟 这 些 食 物 一 起 来  
 Xìjūn chàng: lěng guì shì ge hǎo dìfang, Wǒ yào gēn zhèxiē shí wù yī qǐ lái  
*Bacteria sings: Freezer is a good place, I'll settle down with this food*  
 把 身 安。 真 舒 服 啊！ 我 来 把 身 安。  
 Bǎ shēn ān。 zhēn shūfu a! wǒ lái bǎ shēn ān。  
*Put myself here, it's really comfortable, put myself here*  
 冷 柜 唱： 细 菌、细 菌 坏 东 西， 我 不 喜 欢 你。  
 Lěng guì chàng: xìjūn, xìjūn huàidōngxi, wǒ bù xǐhuan nǐ  
*Freezer sings; Bacteria, bacteria, bad thing, I don't like you*  
 我 的 温 度 现 在 是 比 0 度 还 要 低

Wǒ de wēndù xiànzài shì bǐ líng dù hái yào dī

*My temperature is 0 or lower*

还有 温度计，时刻在 守卫，用 我的 人们，总是紧 关门。

Háiyǒu wēndùjì, shíkè zài shǒuwèi, Yòng wǒ de rénmen, zǒngshì jǐn guānmén

*Also the thermometer is a guard, people always shut the door tightly*

我们 一起 想 办法，细菌 无处 来 生长。

Wǒmen yīqǐ xiǎng bànfǎ, xìjūn wúchù lái sheng zhang

*Together we have a solution, bacteria has no place to grow*

细菌 唱：哇，好 难受，我 还是 快 逃 吧！

Xìjūn chàng: wa, hǎo nánshòu, wǒ hái shì kuài táo ba!

*Bacteria sings: Wa, very uncomfortable, I'm outa' here!*

细菌唱：保温 箱 是个 好 地方，我 要 跟 这些 食物 一起 来

Xìjūn chàng: bǎowēnxiāng shì ge hǎo dìfang, Wǒ yào gēn zhèxiē shí wù yī qǐ lái

*Bacteria sings: Hot holding cabinet is a good place, I'll settle down with this food*

把 身 安。真 舒服 啊！我 来 把 身 安。

Bǎ shēn ān 。 zhēn shūfu a ! wǒ lái bǎ shēn ān。

*Put myself here, it's really comfortable, put myself here*

保温箱唱：细菌、细菌 坏东西，我 不 喜 欢 你。

Bǎowēnxiāng chàng: xìjūn, xìjūn huàidōngxī, wǒ bù xǐhuan nǐ

*Hot holding cabinet: bacteria, bacteria, bad thing, I don't like you*

我 的 温度 现在 是 比 135 度 还 高 些，

Wǒ de wēndù xiànzài shì bǐ 135 dù hái gāo xiē

*Now my temperature is 135 degrees or higher*

每 两 个 小时，温度 就要 查 一次，它就 放在 在 门 旁 最 上 层。

Měiliǎngge xiǎoshí, wēndù jiùyào chá yīcì Tā jiù fàng zài mén páng zuì shàngcéng

*Every two hours, temperature is checked, it's by the door on the top shelf*

我们 一起 想 办法，细菌 无处 来 生长。

Wǒmen yīqǐ xiǎng bànfǎ, xìjūn wúchù lái sheng zhang

*Together we have a solution, bacteria has no place to grow*

细菌唱：哇，好 难受，我 还是 快 逃 吧！

Xìjūn chàng: wa, hǎo nánshòu, wǒ hái shì kuài táo ba!

*Bacteria sings: Wa, so uncomfortable, I'm outa' here!*

食物 储存 要 安全，控 温 是 关键。

Shíwù chǔcún yào ānquán, kòng wēn shì guānjiàn

*To store food safely, controlling temperature is key*

温度 控制 在 40 度 或 更 低，135 或 更 高，

Wēndù kòngzhì zài 40 dù huò gèng dī, 135 huò gèng gāo

*Control temp. at 40 degrees or colder, or 135 degrees or higher*

细菌 不 能 长 食物 就 安全。

Xìjūn bù néng zhǎng, shíwù jiù ānquán

*Bacteria can't grow, food will be safe*

我们 一起 想 办法，可 让 细菌 无处 长！

Wǒmen yīqǐ xiǎng bànfǎ, kě ràng xìjūn wúchù zhǎng!

*Together we thought of a way to keep bacteria from growing!*

我们 一起 想 办法，可 让 细菌 无处 长！

Wǒmen yīqǐ xiǎng bànfǎ, kě ràng xìjūn wúchù zhang!  
*Together we thought of a way to keep bacteria from growing!*

### **5. Pay attention to internal temps 中心温度要牢记 Zhōngxīn wēndù yào lǎoji**

餐厅大厨师，烹饪责任大食物要煮熟，才能拿上桌。  
 Cāntīng dà chúshī, pēngrèn zérèn dà shí wù yào zhǔshú, cáinéng náshàng zhuō  
*Restaurant workers, big cooking responsibility to make sure food cooked before serving*  
 顾客安全永远是第一，食物中心温度要注意。

Gùkè ānquán yong yuan shì dì-yī, shíwù zhōngxīn wēndù yào zhùyì  
*Customer safety is always #1, pay attention to the internal temp of food*  
 要注意，怎么行？测量中心温度要牢记。

Yào zhùyì, zěnmé xíng? cèliáng zhōngxīn wēndù yào lǎoji  
*How to pay attention? Measure internal temperature*

食物起锅前，拿起温度计，放进食物最厚之处去。  
 Shíwù qǐ guō qián, náqǐ wēndùjì, fàngjìn shíwù zuì hòu zhī chù qù  
*Before taking food out of pan, get the thermometer, put in the thickest part of the food*  
 食物熟不熟，不要猜，不要想，应该相信的，只是温度计。  
 Shíwù shú bùshú, bù yào cāi, bù yào xiǎng, yīnggāi xiāngxìn de, zhǐshì wēndùjì  
*Food is cooked or not, don't guess, don't imagine, only believe the thermometer*

试一试，量一量，我取出温度计来看一看，  
 Shìyīshì, liángyīliáng wǒ qǔchū wēndùjì lái kànyīkàn,  
*Test it, measure it, pull out the thermometer and take a look*

已经高过165度以上，  
 Yǐjīng gāo guò 165 dù yǐshàng,  
*Already past 165 degrees or hotter*

烹制 饹 陷 或 饹 肉，这个温度很恰当。  
 Pēngzhì xiǎng xiàn huò xiǎng ròu, zhège wēndù hěn qiàdàng  
*Cook stuffed meat to this temperature is fine*  
 还有鸡、鸭、鹅，汤菜、沙锅菜，这个温度也 Ok。  
 Háiyǒu jī, yā, é, tāng cài, shāguō cài, zhège wēndù yě ok  
*Also chicken, duck, geese, soup and cassarole this temp is ok*

试一试，量一量，我取出温度计来看一看，  
 Shìyīshì, liángyīliáng wǒ qǔchū wēndùjì lái kànyīkàn,  
*Test it, measure it, pull out the thermometer and take a look*

已经高过155度以上，  
 Yǐjīng gāo guò 155 dù yǐshàng,  
*Already past 155 degrees or hotter*

炒牛肉、炒猪肉，或是烹制鱼和蛋，这个温度就 ok。  
 Chǎo niúròu, chǎo zhūròu, huòshì pēngzhì yú hé dàn, zhège wēndù jiù ok  
*Fried beef, fried pork or cooked fish or eggs, this temperature is ok*

试一试，量一量，我取出温度计来看一看，  
 Shìyīshì, liángyīliáng wǒ qǔchū wēndùjì lái kànyīkàn,



*Test it, measure it, pull out the thermometer and take a look*

已经高过145度以上，

Yǐjīng gāo guò 145 dù yǐshàng, ,

*Already past 145 degrees or hotter*

烹制猪肉、烹制牛肉、烹制排骨，

pēngzhì zhūròu, pēngzhì niúròu pēngzhì páigǔ

*Cooked pork, cooked beef, cooked steak*

或是烹制整条鱼，这个温度也Ok。

Huò shì pēngzhì zhěng tiáo yú, zhèige wēndù yě ok

*Or cooked whole fish, this temperature is ok*

试一试，量一量，我取出温度计来看一看，

Shìyīshì, liángyīliáng wǒ qǔchū wēndùjì lái kànyīkàn,

*Test it, measure it, pull out the thermometer and take a look*

已经高过135度以上，烹制所有的蔬菜，这个温度最恰当。

Yǐjīng gāo guò 135 dù yǐshàng, pēngzhì suǒyǒu de shūcài, zhèige wēndù zuì qiàdàng

*Already past 135 degrees or hotter, cook all vegetables, this temperature is fine*

餐厅大厨师，烹饪责任大。食物要煮熟，才能拿上桌。

Cāntīng dà chúshī, pēngrèn zérèn dà shí wù yào zhǔshú, cáinéng náshàng zhuō

*Restaurant workers, big cooking responsibility to make sure food cooked before serving*

顾客安全永远是第一，食物中心温度要牢记。

Gùkè ānquán, yong yuan shì dì-yī shíwù zhōngxīn wēndù yào lao ji

*Customer safety is always #1, pay attention to the internal temp of food*

食物中心温度要牢记。

shíwù zhōngxīn wēndù yào lao ji

*Pay attention to the internal temp of food*

## **6. Tiny Thermometer 小小温度计 Xiǎoxiǎo wēndùjì**

我是小小温度计，呆在厨房里，

Wǒ shì xiǎoxiǎo wēndùjì, dāi zài chúfáng lǐ,

*I am a little thermometer, I stay in the kitchen*

我是厨师好帮手，作用大无比。

Wǒ shì chúshī hǎo bāngshou, zuòyòng dà wúbǐ

*I am the chef's good helper, have important function*

可是厨师不相信，只信他自己。

Kěshì chúshī bù xiāngxìn, zhǐ xìn tā zìjǐ

*But the chef doesn't believe me, only trusts himself*

食物熟不熟，他只看一看，不用温度计。

Shíwù shú bùshú, tā zhǐ kànyīkàn bùyòng wēndùjì

*Is the food well done, he only looks, doesn't use the thermometer*

匆匆忙忙，怕麻烦，他更不用温度计。

Cōng Cōng máng, pà máfan, tā gèng bùyòng wēndùjì

*Busy, rushed, afraid of trouble, doesn't use the thermometer*

大厨师，请注意，这样作不行！

Dà chúshī, qǐng zhùyì, zhèyàng zuò bùxíng!

*Head chef, pay attention – this isn't any good*

光 凭 眼 睛 和 感 觉 ， 肯 定 不 准 确 。  
Guāng píng yǎnjīng hé gǎnjué, kěndìng bù zhǔn què  
*Using eyes and feeling, certainly isn't standard*

顾 客 吃 了 要 生 病 ， 留 下 大 问 题 。  
Gùkè chī le yào shēngbìng, liúxià dà wèntí  
*Customers eat and get sick will make a big problem*  
轻 轻 拿 起 我 ， 放 进 食 物 里 ，  
Qīngqīng náqǐ wǒ, fàngjìn shíwù lǐ,  
*Lightly pick me up and put me in the food*  
量 一 量 温 度 ， 多 么 地 容 易 。  
Liángyīliáng wēndù, duōme dì róngyì  
*Measure the temperature, what could be easier*  
不 用 慌 ， 不 用 猜 ， 就 用 温 度 计 。  
Bùyòng huāng, bù yòng cāi, jiù yòng wēndùjì  
*No need to rush, or guess, just use the thermometer*  
食 物 安 全 有 保 障 ， 大 家 都 放 心 。  
Shíwù ānquán yǒu bǎozhàng, dàjiā dōu fàngxīn  
*Ensure food safety, everyone is reassured*

我 是 小 小 温 度 计 ， 呆 在 厨 房 里 。  
Wǒ shì xiǎoxiǎo wēndùjì, dāi zài chúfáng lǐ  
*I'm a little thermometer, staying in the kitchen*  
烹 饪 美 食 无 担 忧 ， 大 家 都 开 心 ！  
Pēngrèn měishí wú dānyōu, dàjiā dōu kāixīn!  
*Cook wonderful food without worry, everyone is happy*  
烹 饪 美 食 无 担 忧 ， 大 家 都 开 心 ！  
Pēngrèn měishí wú dānyōu, dàjiā dōu kāixīn!  
*Cook wonderful food without worry, everyone is happy*

### **#7 Guard against bacterial problems 细菌危害需要防 Xìjūn wēihài xūyào fáng**

细 菌 细 菌 太 微 小 ， 肉 眼 看 不 到 。  
Xìjūn xìjūn tài wēixiǎo, ròuyǎn kànbudào  
*Bacteria is small, can't be seen by the naked eye*  
食 物 里 面 容 易 长 ， 怎 么 能 预 防 ？  
Shíwù lǐmiàn róngyì zhǎng, zěnmé néng yùfáng?  
*It's easy for bacteria to grow in the food, how to prevent it?*  
细 菌 混 在 食 物 里 ， 容 易 引 发 病 。  
Xìjūn hùn zài shíwù lǐ, róngyì yǐnfā bìng  
*When bacteria in the food, it's easy to get sick*  
餐 厅 安 全 无 保 障 ， 你 说 怎 么 办 ？  
Cāntīng ānquán wú bǎozhàng, nǐ shuō zěnmé bàn?  
*If restaurant doesn't guarantee food safety, what's to be done?*

我 有 几 个 好 办 法 ， 教 你 来 预 防 ：

Wǒ yǒu jǐ gè hǎobàn fǎ, jiào nǐ lái yùfáng:

*I have a few ideas to teach how to prevent it*

养 成 卫 生 好 习 惯, 细 菌 不 能 长,

Yǎngchéng wèishēng hǎo xíguàn, xìjūn bùnéng zhǎng,

*Improve sanitary conditions, bacteria can't grow*

储 存 食 物 保 洁 净, 认 真 清 洗 盘 和 碗,

Chǔcún shíwù bǎojié jìng, Rènzhēn qīngxǐ pán hé wǎn,

*Store food in a clean place, Take dishwashing seriously,*

熟 的 食 物 严 控 温, 不 让 细 菌 长。

Shú de shíwù yánkòng wēn, bù ràng xìjūn zhǎng

*Control temperatures of cooked food so bacteria can't grow*

还 有 用 具 和 桌 面, 不 让 细 菌 长。

Háiyǒu yòngjù hé zhuōmiàn, bù ràng xìjūn zhǎng

*As well as utensils and surfaces, then bacteria can't grow*

细 菌 不 能 繁 殖 和 生 长,

xìjūn bùnéng fánzhí hé shēng zhǎng

*bacteria can't multiply and grow*

餐 厅 食 品 安 全 就 有 保 障, 就 有 保 障。

cāntīng shípǐn ānquán jiù yǒu bǎozhàng, jiù yǒu bǎozhàng

*Restaurant food safety is guaranteed, it's guaranteed*

### **8- 不让细菌长, 可以远离病Bù ràng xìjūn zhǎng, kěyǐ yuǎnlí bìng**

#### **Don't let bacteria grow, keep illness far away**

小 小 的 细 菌, 引 发 很 多 病, 都 因 烹 饪 时, 没 有 太 小 心。

Xiǎoxiǎo de xìjūn, yǐnfā hěn duōbìng, Dōu yīn pēngrèn shí, méiyǒu tài xiǎoxīn

*Tiny bacteria triggers a lot of sickness All because when cooking, weren't careful*

烹 饪 时 注 意, 就 可 灭 细 菌, 不 让 细 菌 长, 可 以 远 离 病。

Pēngrèn shí zhùyì, jiù kě miè xìjūn, Bu rang xìjūn zhǎng, kěyǐ yuǎnlí bìng

*When cooking, pay attention to kill bacteria; don't let bacteria grow, keep illness far away*

下 面 的 东 西, 烹 饪 时 你 要 特 注 意:

Xiàmiàn de dōngxi, pēngrèn shí nǐ yào tè zhùyì:

*Pay special attention to the following foods when you cook*

家 禽 和 鸡 蛋, 贝 壳 类 的 海 产 品,

Jiāqín hé jīdàn, bèikélèi de hǎichǎn pǐn,

*Fowl and eggs, shellfish and marine products*

火 腿 碎 牛 肉, 未 经 高 温 消 毒 的 牛 奶,

Huǒtuǐ suìniúròu, wèijīng gāowēn xiāodú de niúnnǎi,

*ham and hamburgers, unpasteurized milk,*

这 些 东 西 煮 不 熟, 细 菌 杀 不 灭,

Zhèxiē dōngxi zhǔ bùshú, xìjūn shā bù miè,

*If you don't cook these thoroughly, bacteria is not killed*

如 果 顾 客 吃 下 去, 肯 定 要 生 病。

Rúguǒ gùkè chī xiàqu, kěndìng yào shēngbìng

*If customers eat these, they will certainly get sick*

疾 病 的 危 害, 大 家 都 担 心,

Jíbìng de wēihài, dàjiā dōu dānxīn

Everyone is afraid of the effects of food sicknesses

严重的疾病更是大问题。

Yánzhòng de jíbìng, gēng shì dà wèntí

*Serious illness can be a big problem*

厨师你责任大，你应当知道？

chúshī nǐ zérèn dà, nǐ yīng dang zhīdao?

*Chef, this is your big responsibility whether you know or not*

不让细菌长，可以远离病。

Bù ràng xìjūn zhǎng kěyǐ yuǎnlí bìng

*Don't let bacteria grow, keep illness far away*

食物安全远离疾病，人人感谢你。

Shíwù ānquán yuǎnlí jíbìng, dàjiā gǎnxiè nǐ

*Food safety keeps illness far away, everyone will thank you*

小小的细菌，引发很多病，都因烹饪时，没有太小心。

Xiǎoxiǎo de xìjūn, yǐnfā hěn duōbìng, Dōu yīn pēngrèn shí, méiyǒu tài xiǎoxīn

*Tiny bacteria triggers a lot of sickness All because when cooking, weren't careful*

烹饪时注意，就可灭细菌，不让细菌长，可以远离病。

Pēngrèn shí zhùyì, jiù kě miè xìjūn, Bu rang xìjūn zhǎng, kěyǐ yuǎnlí bìng

*When cooking, pay attention to kill bacteria; don't let bacteria grow, keep illness far away*

不让细菌长，可以远离病。

Bu rang xìjūn zhǎng, kěyǐ yuǎnlí bìng

*Don't let bacteria grow, keep illness far away*

## **9 - Pay attention to the dangers of virus's病毒危害要注意 Bìngdú wēihài yào zhùyì**

病毒病毒很特别，它是最小的微生物。

Bìngdú bìngdú hěn tèbié, tā shì zuìxiǎo de wēishēngwù

*virus's are special, they're small microbes*

肉眼根本看不见，却在悄悄的传染病。

Ròuyǎn gēnběn kàn bujiàn, què zài qiāoqiāo de chuánrǎnbìng

*The naked eye cannot see them, but they quietly spread disease*

食物里面有没有，你完全不能知道。

Shíwù lǐmiàn yǒu méiyǒu, nǐ wánquán bùnéng zhīdao

*You can't know whether or not it's in the food*

烹饪不能杀灭它，要想控制真不易。

Pēngrèn bùnéng shāmiè tā, yào xiǎng kòngzhì zhēn bùyì

*cooking doesn't kill them, controlling them isn't easy*

它不长在食物里，却能传播和转移。

Tā bù zhǎng zài shíwù lǐ, què néng chuánbō hé zhuǎnyí

*they don't grow in food, but use it to spread and travel*

通过食物作媒介，不知不觉传染病。

Tōngguò shíwù zuò méijiè, bùzhībùjué chuánrǎnbìng

*food is the vehicle to unknowingly spread disease*

要想远离病毒的困扰，要在传播之前杜绝它。

yào xiǎng yuǎnlí bìngdú de kùnrǎo, yào zài chuánbō zhīqián dùjué tā

*If you want this puzzle of illness kept far away You must stop it before it starts*

要求你和我要时刻牢记:

Yāoqiú nǐ hé wǒ yào shíkè láoji:

*You and me always keep this in mind*

实践卫生要求很重要, 每天不忘记。

Shíjiàn wèishēng yāoqiú hěn zhòngyào, měitiān bùwàng jì

*Sanitary practices are very important, remember every day*

购买食物时处处留心 确保来源正。

Gòumǎi shíwù shí chùchù liúxīn, quèbǎo láiyuán zhèng

*Be careful where you buy food, make sure the source is good*

食物准备、加工和清洗, 要用安全的水。

Shíwù zhǔnbèi jiāgōng hé qīngxǐ, yào yòng ānquán de shuǐ

*In the process of preparing the food, use safe water*

只要我们都注意, 病毒就不能传播和转移。

Zhǐyào wǒmen dōu zhùyì, bìngdú jiù bùnéng chuánbō hé zhuǎnyí

*As long as we pay attention, virus can't be spread*

那可怕的甲肝, 还有诺沃克病毒肠胃病,

Nà kěpà de jiǎgān, háiyǒu nuò wò kè bìngdú chángwèibìng,

*That terrible hepatitis, Noro virus and stomach trouble*

我们都可以远离。远离疾病保健康,

Wǒmen dōu kěyǐ yuǎnlí Yuǎnlí jíbìng bǎo jiàn kāng,

*we can keep it away Keep disease away, protect good health*

多么快乐多开心, 多么快乐多开心!

Duōme kuàilè duō kāixīn, Duōme kuàilè duō kāixīn

*How cheerful, how happy, How cheerful, how happy !*

## **#10 – Sanitizer Basics消毒杀菌常识歌Xiāodú shājūn chángshí gē**

大师兄, 小师弟, 工作都在厨房里。

Dàshīxiōng, xiǎo shīdì, gōngzuò dōu zài chúfáng lǐ

*Chef, kitchen worker, your work is in the kitchen*

每天与食物打交道, 消毒杀菌要牢记。

Měitiān yǔ shíwù dǎ jiāodào, xiāodú shājūn yào láoji

*Each day you're in contact with food, be sure to clean and sterilize*

除去污垢和细菌, 用水冲, 用水洗,

Chúqù wūgòu hé xìjūn, yòngshuǐ chōng, yòngshuǐ xǐ,

*Eliminate dirt and germs, use water to rinse and scrub*

还要使用清洁剂。清洁剂的种类多,

Háiyào shǐyòng qīngjiéjì. Qīngjiéjì de zhǒnglèi duō,

*Use detergent - there are many kinds*

如果选择不恰当, 无效甚至还有危险性。

Rúguǒ xuǎnzé bù qiàdàng, wúxiào shènzhì háiyǒu wēixiǎnxìng

*If you choose the wrong kind, not only is no use, but dangerous*

如何使用最聪明, 省时省力安全有效力?

Rúhé shǐyòng zuì cōngmíng, shèngshí shènglì ānquán yǒuxiào lì  
*How about using the smart way, save time and energy, safe and effective ?*

使用之前阅读说明很要紧，

Shǐyòng zhīqián yuèdú shuōmíng hěn yào jǐn,

*Essential to first read instructions,*

它会帮你做出正确的决定。

tā huì bāng nǐ zuòchū zhèngquè de juéding

*it will help you decide if it's the right one*

选择了合适正确的清洁剂，消毒杀菌容易并且有效力。

Xuǎnzé le héshì zhèngquè de qīngjiéjì, xiāodú shājūn róngyì bìngqiě yǒuxiào lì  
*Choosing the right detergent and sanitizer will kill germs and be effective*

消了毒，杀了菌，厨房时时处处保清洁。

Xiāo le dú, shā le jūn, chúfáng shíshíchùchù bǎo qīngjié,

*Kill virus's, germs, kitchen at all times protect sanitation*

厨房工作为他人，你的服务真是了不起。

Chúfáng gōngzuò wèi tārén, nǐ de fúwù zhēnshì liǎobuqǐ

*The work you do in the kitchen is for others - your service is amazing*

大师兄，小师弟工作都在厨房里

Dàshīxiōng, xiǎo shīdì, gōngzuò dōu zài chúfáng lǐ

*Leader, worker, your work is in the kitchen*

每天你所做的事，真是非常有意义，真是非常有意义！

Měitiān nǐ suǒ zuò de shì, zhēnshì fēicháng yǒu yìyì, zhēnshì fēicháng yǒu yìyì

*Your everyday work is full of meaning, Full of meaning !*

### **11 – Memorize 3 Chem. Sanitizers 记住3种化学消毒剂 Jìzhù 3 zhǒng huàxué xiāodújì**

氯、碘和季铵，是三种最常用的化学消毒剂。

Lǜ, diǎn hé jì ān, shì sān zhǒng zuì chángyòng de huàxué xiāodújì

*chlorine, iodine and ammonia are 3 often used sanitizers*

使用它们来消毒，下列方法要牢记：

Shǐyòng tāmen lái xiāodú, xiàliè fāngfǎ yào láojì

*Use them to sanitize, pay attention to the following methods:*

浓度适当效力佳 你应时时都留意。

Nóngdù shìdàng xiàoli jīa, nǐ yìng shí shí dōu liúyì

*Most effective when used at the proper amount*

要想消毒效果好，温度不高也不低，

Yào xiǎng xiāodú xiàoguǒ hǎo, wēndù bù gāo yě bù dī,

*To get the best sterilizer effect, temp can't be too high or low*

55 至 120 度之间，消毒杀菌最彻底。

55 Zhì 120 dù zhījiān, xiāodú shājūn zuì chèdǐ

*Between 55 and 120 degrees, most thoroughly sanitize and kill germs*

厨房器皿清洗后，就该做消毒，

Chúfáng qìmǐn qīngxǐ hòu, jiù gāi zuò xiāodú

*After washing kitchen utensils, must santize them,*

消毒时间长与短，效果不一样。

Xiāodú shíjiān cháng yú duǎn, xiàoguǒ bù yīyàng

*Sanitizer time, long or short, effect isn't the same*

使用氯接触时间只需要7秒，

Shǐyòng lǜ, jiēchù shíjiān zhǐ xūyào 7 miǎo,

*Using chlorine, contact time is 7 seconds*

而用碘和季铵那就需要30秒。

Ér yòng diǎn, hé jì ǎn, nàjiù xūyào 30 miǎo

*However iodine and ammonia, they need 30 seconds*

按照上面的方法，消毒杀菌最彻底。

Ànzhào shàngmiàn de fāngfǎ, xiāodú shājūn zuì chèdǐ

*Follow these methods, sanitize and kill germs most thoroughly*

消毒长短按规定，细菌就会消灭光。

Xiāodú chángduǎn àn guī dìng, xìjūn jiù huì xiāomiè guāng

*Sanitize long or short according to the rules, germs will die*

氯、碘和季铵，成为三种最有效的化学消毒剂。

Lǜ, diǎn hé jì ǎn, chéngwéi sān zhǒng zuì yǒuxiào de huàxué xiāodújì

*Chlorine, iodine and ammonia become 3 very effective sanitizers*

## **12 –High Temperature Sterilizing Most Clean 高温消毒最干净**

### **Gāowēn xiāodú zuì gānjìng**

消毒器具的表面，常常用热水。

Xiāodú qì jù de biǎomiàn, chángcháng yòng rèshuǐ

*To disinfect utensil surface, often use hot water*

温度必须足够高，才会有效力。

Wēndù bìxū zúgòu gāo, cái huì yǒuxiào lì

*temp must be hot enough, to be effective*

热水温度有多高，才会有效力？

Rè shuǐ wēn dù yǒu duō gāo, cái huì yǒuxiào lì?

*How hot must the water be to be effective?*

很多人都不知道，我来告诉你：

Hěn duō rén dōu bù zhi dao, wǒ lái gàosu nǐ:

*Many people don't know, let me tell you*

如果使用洗碗机，最后一次冲洗的水温要到180度；

Rú guǒ shǐyòng xǐwǎnjī, zuìhòu yīcì chōngxǐ de shuǐwēn yào dào 180 dù;

*If you use a dishwasher, final rinse water must be 180 degrees*

使用其它的机器，最后一次冲洗的水温要到165度。

Shǐyòng qítā de jīqì, zuìhòu yīcì chōngxǐ de shuǐwēn yào dào 165 dù

*If you use another machine, last rinse must be 165 degrees*

哇，这么高这么热？

Wa, zhème gāo zhème rè,

*Wow, so high, so hot*

对，必须这么高，才会有效力。

Duì, bìxū zhème gāo, cái huì yǒuxiào lì

*yes, the water temp must be this high to be effective*

如果不用洗碗机，三厢式的洗涤槽可以来帮你，

Rúguǒ bù yòng xǐwǎnjī, sān xiāng shì de xǐdíáo keyì lái bāng nǐ,

*If you don't use a dishwasher, use a 3 section sink to help you*

三厢中的第三格，水温要高达171度以上才可以。

Sān xiāng zhòng dì dì sān gé, shuǐwēn yào gāodá 171 dù yǐshàng cái kěyǐ

*the 3rd part of the 3 sink water must be higher than 171 degrees to be ok*

如果不达此高温，消毒功能达不到，你洗了也白洗。

Rúguǒ bù dá cǐ gāowēn, xiāodú gōngnéng dá bù dào nǐ xǐ le yě bái xǐ

*If it doesn't reach this temp, sanitizing effects won't be effective, you wash, but waist your time*

最后还要请注意，光有高温冲洗还不行，

Zuìhòu hái yào qǐng zhùyì, guāng yǒu gāowēn chōngxǐ hái bù xíng,

*Finally please note, merely putting it in the hot water isn't enough,*

所有消毒的器具，需要30秒浸泡才可以。

Suǒyǒu xiāodú de qìjù, xūyào 30 miǎo jìnpào cái kěyǐ

*All the utensils need 30 seconds to soak before they're sanitized*

高温消毒很重要，确保器具都清洁。

Gāowēn xiāodú hěn zhòngyào, quèbǎo qì jù dōu qīngjié

*High temp sanitation is very important, guarantees utensils are sterilized*



我们大家有责任，餐厅安全争第一。  
Wǒmen dàjiā yǒu zérèn, cāntīng ānquán zhēng dì-yī  
*We're all responsible to make restaurant food safety #1*