

## 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。  
women 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 chúshī 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, chīyào 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 , xīnlǐ 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 dōngxī 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 mǒbù 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 jiù yào chá yī cì 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 xījūn 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 饊 陷 或 饊 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 nǎshàng 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，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, yīnfā 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 dōngxī, 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 dōngxī 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 jíbing, 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 jíbing, 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, yīnfā 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 Jìzhu 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 jiā, 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 shàngmian 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 zhī 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 xǐdícáo keyi 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 háiyào qǐng zhùyì, guāng yǒu gāowēn chōngxǐ hái bùxíng,

*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*