

# Ka Taxaddir Cuntada

## Nadiifi, Kala Saar, Kari, Qabooji.

### Sida Looga Taxaddiro Cuntada

Kumanaan qof oo ka mid ah dadweynaha Ontario waxaa sanad kasta ku dhaca xanuunada cuntada laga qaado (oo sidoo kale loogu yeedho cuntada lagu sumoobo).

Xanuunada cuntada laga qaado badankeeda waxaa keento baktiiriyada. Balse waxaa keeni kara fayrus, barasiito, sun ay keento baktiiriyada, ama kiimiko cuntada geli karta. Inkastoo aan caadi ahaan loo tixgelin xanuun cuntada laga qaado, xasaasiyadda cuntada laga helo (sida looska) ayaa xasaasiyad u keeni karta dadka qaarkiisa.

Ma aad arki kartid, urin ama dhadhamin kartid baktiiriyada ama jeermiska kale ee keeni kara xanuunada cuntada laga qaado. Waxaa ay u tarmiyaan malaayiin dhowr saacadood gudahooda haddii ay helaan cabbirka hawada ku habboon.

Calaamadaha xannuunka cuntada laga qaado waxaa ka mid ah:

- Lablabo
- Matag
- Shuban
- Xumad
- Calool xanuun

Marwalba ma fududa si loo garto haddii calaamadahaaga ay cuntada keentay. Waxaad ku xanuunsan kartaa meel kasta saacado illaa asbuuciyo kaddib marka aad cuntada cuntid. Badanaa, waxaa ay dadku ku xanuunsadaan laba cisho gudahood kaddib marka ay cunaan cunto sumeysan.

Mararka qaarkooda waxaa ay ka qaadi karaan dhibaatooyinka muddada fog iyo weliba dhimasho.

Dadka badanaa aad ugu xanuunsada ayaa ah:

- Waayeelka
- Carruuta yar
- haweenka uurka leh
- dadka aan hore caafimaad u qabin

Haddii aad moodaysid in aad qabtid xanuunka cuntada laga qaado, waxaad booqataa dhakhtarkaaga kaddibna islamarkiiba waxaad la socodsiiisa qaybta caafimaadka dadweynaha.

Waxaad yareesaa xanuunada cuntada laga qaado adigoo raacaya afartan tallaabo ee soo socda:

**Nadiifi, Kala Saar, Kari, Qabooji.**

### Tallaabada 1-aad: Nadiifi

Nadiifi gacmahaaga, qalabka iyo meelaha dushooda. Marwalba si fiican u nadiifi! Baktiiriyada waxaa ay geli kartaa gacmaha, halka khudradda iyo hilibka lagu jaro, mindiyaha, maryaha suxuunta, dusha jikada iyo cuntaduba.

#### Tusaalaha gacmo dhaqidda

1. Gacmahaaga ku qoy biyo diiran ee socda.
2. Saabuun mari gacmahaaga muddo 15 illaa 20 ilbiriqsi.
3. Si fiican u dhaq gacmahaaga kuna qalaji xaashida shukumaanka ah.
4. Waxaad isticmaashaa shukumaanka xaashida ah si aad u xirtid furka tubada.

**Goorma ayeey tahay in aan gacmahaygu dhaqo?**

Waxaad gacmahaaga dhaqdaa **ka hor** inta aan cuntada la diyaarin, taaban, qaybin ama aan la cunin.

Waxaad gacmahaaga dhaqdaa **kaddib**:

- marka aad suuliga isticmaashid
- hindhisto, qufacdo ama aad sanko diifsato
- marka aad taabato wajiga, afka ama timaha
- marka aad taabato cuntada cayriinka ah ama cuntada kale ee aan karsaneyn, dusha ay saarnaayeen (tus. halka khudradda iyo hilibka lagu jaro, jikada dusheeda)
- marka aad taabato maacuunta ama suxuunta wasakheysan
- marka aad lacag taabato
- marka aad sigaar cabtid
- marka aad xayawaanka taabatid
- marka aad wax nadiifisid
- marka aad qashinka taabatid

Ha taaban cuntada marka aad xanuunsan tahay – gaar ahaan haddii aad matagaysid ama aad shuban qabtid.

### Tilmaamaha nadaafadda qalabka:

Waxaad ku dhaqdaa qalabka jikada iyo suxuunta biyo kulul iyo oomada suxuunta, biyo raaci kaddib nadiifi.

Si aad u nadiifisid suxuunta iyo meelaha khudradda iyo hilibka lagu jaro waxaad sameysaa waxyaabaha soo socda:

- Waxaad ku dartaa 2.5mL (1/2 qaado) warakiinada aqalka 1 litir (4 koob) biyo diiran ah oo aad barkadda jikada ku shubtid. Biyo geli suxuunta iyo meesha khudradda iyo hilibka lagu jaro ugu yaraan 45 ilbiriqsi. Hawo ha qaataan si ay u qalalaan inta aan la isticmaalin.

Si aad u nadiifisid dusha jikada, miisaska, furka biyaha, barkadda iyo qalabka (oo uu ku jiro halka qaboojiyaha laga furo), waxaad raacdaa tallaabooyinka soo socda:

- Waxaad isku qastaa 5 mL (1 qaado) warakiino ah iyo hal litir (4 koob) oo biyo ah. Waxaad isku qaska ku shubtaa dhalo buufiye leh oo calaameysan. Waxaad ku buufisaa dusha jikada iyo meelaha kale.

Waxaad ku nadiifisaa maro nadiif ah ama xaashida wax lagu tirtiro. Marwalba waxaad sameysaa isku qas cusub.

Si aad u nadiifisid maryaha suxuunta, labbiska cuntada lagu kariyo iyo shukumaanada, waxaad gelisaa mashiinka dharka lagu dhaqo.

### Tallaabada 2-aad: Kala Saar

Ha haleynin cuntadaada! Cuntada isku halawda waxaa ay dhacdaa marka baktiiryada ay cuntada isaga gudubto. Waxaa ay tani si fudud u dhici kartaa marka cuntada karsan ama diyaarka u ah in la cuno ay taabato cuntada cayriinka ah ama cuntada kale ee aan karsaneyn, gacmaha wasakhda ah ama maacuunta wasakheysan. **Kala saar cuntada ceyriinka ah iyo cuntada diyaarka ah!**

Meelaha ay cuntada isku taabtaan ayaa ah:

- Meelaha khudradda iyo hilibka lagu jaro, dusha kushiinka, suxuunta io dusha cuntada
- mashiinada cuntada lagu gooyo, kuwa cuntada isku qasa ama shiida.
- maacuunta cuntada lagu cuno, mindiyaha iyo birqabatada.
- gacmaha
- cayayaanka
- kul cabbiraha cuntada (waxaa kuwani loo isticmaalaa cabbirka gudaha ee kulka cuntada)
- dheecaanka hilibka ceyriinka ah oo ku dhaca cunto la kariyey ee in la cuno diyaarka u ah

### Tilmaamaha kala saarka:

- Waxaad ku xareysaa hilibka, digaagga iyo kalluunka ceyriinka qaybta hoose ee qaboojiyaha.
- Waxaad isticmaashaa meelo kala duwan ee cuntada lagu gooyo (tus. marwalba hal meel u isticmaal hilibka ceyriinka ah adigoo mid kale u isticmaalaya khudradda)
- Waxaad dhaqdaa, biyo raacisaa oo nadiifisaa meelaha cuntada lagu jaro, maacuunta iyo kul cabbiraha inta aadan markale isticmaalin.
- Marna ha saarin cuntada karsan saxan, meesha cuntada lagu jaro ama dusha

meelaha la saaray hilibka ceyriinka ah, digaagga, kalluunka ama ukunta.

- Waxaad cuntada xawaajka ku marisaa qaboojiyaha hana u isticmaalin isla xawaajkaasi in aad cuntada ku qoysid inta aad karineysid.
- Sigaar ha cabin inta aad cuntada karin.

### Tallaabada 3-aad: Kariska Cuntada

Waxaad cuntada ku karisaa hawo kulul waxaadna ka ilaalisa heerka halista ah! Heerka halista ah, oo ay baktiiryada aad u taranto waxaa ay u dhaxeysaa 4°C (40°F) iyo 60°C (140°F).

- Si aad si fiican u karisid hilibka, digaagga, kalluunka ama ukunta, waxaad ku kuleysaa hawo kulul muddo dheer oo ku filan si looga hortago in baktiiryada ay taranto (waxaad eegtaa shaxda kulka hawada).
- Kaddib marka aad karisid, waxaad cuntada kulul ku haysaa 60°C (140°F) ama in ka kulul illaa laga qaybiyo.
- Waxaad qaybisaa cuntada kulul inta ay kulushahay, ama waxaad gelisaa qaboojiyaha ama qaboojiyaha barafka islamarka ay qabowdo (laba saacadood gudahooda kaddib marka aad karisid).

### Tilmaamaha kariska cuntada:

- Waxaad hubisaa in cuntada iyo biyaha ay ka imaadaan meel la hubo oo badbaado leh.
- Waxaad isticmaashaa kul cabbiraha cuntada si aad u cabbirtid kulka gudaha cuntada (tus., hilibka, digaagga, kalluunka) si loo hubiyo in ay ku karsamayaan kul hawo ku filan.
- Ha cunin haamburgarka aan si fiican loo karin. Marwalba waxaad haamburgarka iyo hilibka shiidan ku karisaa kulka saxsan ee hawada gudaha.
- Waxaad kalluunka ku karisaa cabbirka kulka saxsan ee gudaha illaa si fudud fargeeto lagu goyn karayo.
- Waxaad si habboon u isticmaashaa mashiinka cuntada lagu kululeeyo adigoo marka marka hore cuntada daboolaya, kaddibna walaaqaya oo wareejinaya si ay cuntada u wada karsanto. Waxaa ay tani kaa

caawinaysaa in aan cuntada meel qabow laga tagin.

- Maraqa, fuudka iyo maraqa baradhada shiidan lagu daro si fiican u kari marwalba ee aad dib u kuleynaysid. Waxaad si fiican u kuleysaa cuntada kale ee soo harta adigoo gaarsiinaya illaa 74°C (165°F).

### Tallaabada 4-aad: Qaboojinta

Cuntada qabow ha ahaato qabow! Waxaa ay tani yareenaysaa khatarta la socota xanuunka cuntada laga qaado iyadoo ay ugu wacan tahay hawada qabow oo yareysa taranka baktiiryada.

Waxaad cuntada ku haysaa meel khatarta ka fog.

- Waxaad qaboojiyaha cuntada ku haysaa 4°C (40°F)
- Waxaad qaboojiyaha barafka dhala cuntada ku haysaa -18°C (-17,78°C)

### Tilmaamaha qaboojinta:

- Waxaad qaboojisaa hilibka, digaagga, kalluunka, ukumaha iyo caanaha iyo alaabta laga sameeyo laba saacadood gudahood kaddib marka aad soo iibisid ama karisid.
- Waxaad ukumaha ku kaydisaa qaybta weyn ee qaboojiyaha, intii aad ku kaydin lahayd albaabka qaboojiyaha.
- Waxaad cuntada kulul ku shubtaa weel yar oo godan inta aadan qaboojiyaha gelin. Waxaa ay tani kaa caawinaysaa in ay cuntada si dhaqsi leh qaboojiyaha ugu dhex qabowdo.
- Aad ha u buuxin qaboojiyaha. Hawada qabow ayeey tahay in ay u wada qaybsanto cuntada si ay u badbaado.
- Waxaad qaboojiyeyaasha u isticmaashaa cabbiraha hawada si aad u hubisid in ay in ku filan qabow yihiin.

## Tilmaamaha dhalaalinta barafka:

Kuwani ayaa ah siyaalo waxtar iyo badbaado leh ee cuntada barafka looga dhalaalin karo:

- Qaboojiyaha caadiga ah barafka uga dhalaali cuntada: Waxaad cuntada saartaa qaybta hoose ee qaboojiyaha waxaadna siisaa 10 saacadood kiiladiiba in ay dhalaasho.
- Waxaad cuntada barafka leh ku dhalaalisaa biyo socda oo qabow.
- Waxaad cuntada ku dhalaalisaa maykarooweefka: Islamarkiiba kari marka aad dhalaalisid kaddib.

**Marna cuntada ha ku dhalaalin jikada dusheeda.** Dusha sare ee cuntada aya marka hore dhalaasha inta aysan gudaha dhalaalin. Baktiiryada ayaa markani ku tarmi karto.

## Qaadidda iyo kaydinta cuntada

- Cuntada ha daboolnaato markasta haddii aan la karineynin ama qaybineynin.

- Qaadidda iyo kaydinta, cuntada si fiican ha ugu xirnaato weelasha cuntada oo nadiif ah ama bacda cuntada lagu rido, xaashiyaha lagu daboolo.
- Haddii aad meel u qaadaysid cunto kulul, waxaad cuntada daboolan ku riddaa weel xirmaya ee kulka ku haynaya ama waxaad ku daboolaa xaashida lagu daboolo waxaadna dusha ka saartaa shukumaano culus. Waxaad raacisaa kul cabbiraha si aad u eegtid in cuntada ay ahaato 60°C (140°F) ama in ka kulul.
- Haddii aad qaadaysid cunto qabow ama aad iyadoo qabow meel geynaysid, waxaad cuntada daboolan gelisaa qaboojiyaha la qaato oo baraf leh. Waxaad raacisaa kul cabbiraha si aad u eegtid in cuntada ay ahaato 4°C (4,44°C) ama in ka qabow.

## Xeerarka cabbirka kariska cuntada badbaadada leh

Waxaad cuntada karisaa illaa cabbirka kulka cuntada uu gaaro cabbirka hoos ku yaal kaddibna waxaad sii wadaa in aad karisid illaa 15 ilbiriqsi.

<b>Digaagga dhammeystiran</b> (tus., digaagga, shimbirka turkiga, boolonbolada)	<b>(82°C) 180°F</b>
<b>Waxyaabaha digaagga la dhex geliyo</b>	<b>(74°C) 73,89°C</b>
<b>Digaag la gooyey ama shiiday</b> Digaag la gooyey (tus., hilibka feeraha saaran, bawdada, baalasha) Digaagga shiidan	<b>(74°C) 73,89°C</b>
<b>Cuntada isku qasan</b> • Cuntada isku qasan (tus., maraqa, suqaarka, kaaseroolka, daadada, maraqa baradhada shiidan) ee leh hilib digaag, ukun, hilib ama kalluun	<b>(74°C) 73,89°C</b>
<b>Hilibka</b> • Lo', ido, weyl ama ari (la dubay ama bisteeki – si dhexdhexaad ah loo sameeyey) • Qaansiirka ama qaansiirka la daweeeyey • Hilibka shiidan aan ahayn digaag (eg., lo', qaansiir)	<b>(71°C) 71,11°C</b>
<b>Kalluunka</b>	<b>(70°C) 70,00°C</b>

Qoraalkani waxaa la soo saaray iyadoo caawinaad qiimo leh laga kala helay:

Farmers' Markets Ontario

Canadian Partnership for Consumer Food Safety Education

Association of Supervisors of Public Health Inspectors of Ontario

Association of Local Public Health Agencies

Ryerson University, School of Occupational and Public Health

Environmental Health Foundation of Canada

Members of the Food Safety Education Campaign Review Group:

- Canadian Institute of Public Health Inspectors (Ontario Branch)
- City of Hamilton, Public Health Services
- Community Food Advisors Program, Nutrition Resource Centre, Ontario Public Health Association
- Durham Region Health Department
- Federated Women's Institutes of Ontario (ROSE Program)
- Haliburton, Kawartha, Pine Ridge District Health Unit
- Leeds, Grenville and Lanark District Health Unit
- Ontario Ministry of Agriculture, Food and Rural Affairs
- Ontario Ministry of Health Promotion
- Oxford County Public Health and Emergency Services
- Regional of Peel – Public Health
- Thunder Bay District Health Unit
- Toronto Public Health
- York Region Health Services Department

Public Health Unit Consultation Sites (Goobaha Latalinta Caafimaadka Dadweynaha):

- City of Hamilton Public Health Services
- Durham Region Health Department
- Huron County Health Unit
- Leeds, Grenville and Lanark District Health Unit
- Niagara Region Public Health Department
- Ottawa Public Health
- Peterborough County-City Health Unit
- Sudbury & District Health Unit

Government of Ontario information (Macluumaadka Maamulka Ontario)

[www.health.gov.on.ca](http://www.health.gov.on.ca)

KHADKA macluumaadka 1-866-801-7242 TTY 1-800-387-5559

Telehealth Ontario (Khadka caafimaadka taleefanka ee Ontario)

1-866-797-0000 TTY 1-866-797-0007

Khadka caafimaadka taleefanka Ontario waa adeeg 24/7 saacadood/maalmood ee leh kalkaaliso khabiiri ka jawaaba su'aalaha iyo walwalka caafimaad ee aad qabtid.

