

# 不同食品接觸面與食源性病原菌的交叉污染

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## 摘要

食品的交叉污染會提供病原菌滋生的環境，而病原菌的滋生會對我們的健康造成危害。在現代社會裡廚房是家庭中準備膳食的場所，若衛生教育不足，則很有可能有意或無意地從事有風險的食品安全行為，而這些行為會造成不可忽視的食品危害。因此，本文將針對食材收穫後的清洗、家庭廚房中各個表面的污染率以及轉移率進行探討。首先，在自來水中添加不同的抗菌劑清洗生鮮蔬菜，經過微生物分析後發現單獨使用自來水清洗三個批次的蔬菜，在第三批中仍然能檢測出病原菌。而使用抗菌劑特別是商用電解水的組別在大批量清洗中僅檢測出 2 例陽性樣品。再來，家庭廚房中雖然所有類型的表面之間沒有存在顯著差異 ( $p > 0.05$ ) 但可知最容易發生交叉污染的食品接觸面為香料容器 (48%)，而污染濃度最高的三個表面分別為香料容器 (6.2 log GEC)，砧板 (6.1 log GEC) 及垃圾桶蓋 (5.9 log GEC)。另外，根據實驗結果發現，病原菌從被污染的食材轉移到不同材質的刀其轉移率都約 8%，但比較不同材質的砧板其轉移率約 2% 至 22%，由此可見，對於砧板而言具有光滑表面的塑料砧板 (2.25%) 是更好的選擇。此外，不論材質或器具為何，處理完被污染的食材後使用清潔劑或熱水清洗，其轉移率皆低於 0.7%。由以上結果得知，對於食材的清洗，使用商用電解水的滅菌效果最好，而在料理時使用熱水或清潔劑清洗各種器具是必要的，特別是污染率高的表面如香料容器及砧板

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