



健康廚房所「應做」及「不應做」

"DOs" AND "DON'Ts" OF A HEALTHY KITCHEN

DOs	DON'Ts
Always switch on exhaust fan or range hood when cooking	Close all the windows during cooking
Clean up and maintain gas stoves regularly	Use poorly-maintained exhaust fan or range hood
Use less aerosol chemical cleaning agents	Use a lot of aerosol cleaning agents
Tidy up the kitchen regularly	Allow wetting of the kitchen floor which may promote the growth of microbials
Clean up the exhaust fan and range hood regularly	Use air fresheners to control the cooking odour (since air fresheners contain mostly VOCs)
Use dry type pesticides in kitchen	Use aerosol type pesticides in kitchen

應做	不應做
在煮食時經常使用抽氣扇或抽油煙機	在煮食時關閉所有窗戶 
定期清潔廚房爐灶	使用失修的抽氣扇或抽油煙機
減少使用噴霧式化學清潔劑	使用大量噴霧清潔劑
保持廚房整齊潔淨	任由廚房積水，引致微生物滋生
定期清洗抽氣扇及抽油煙機 	使用空氣清新劑癖除油煙氣味（因為該等空氣清新劑含有大量揮發性有機化合物）
使用乾式殺蟲劑	使用噴霧殺蟲劑