

1. 식중독 예방을 위한 안전한 장보기 순서



An illustration of two stylized fish with blue and white stripes and three brown seashells, set against a light orange circular background. To the left of this background is a large orange double arrow pointing right.

2. 음식 안전하게 보관하기



An illustration showing a rice cooker on the left and a refrigerator on the right. A red thermometer is placed in front of the rice cooker, and a blue thermometer is placed in front of the refrigerator. The rice cooker's thermometer shows a high temperature, while the refrigerator's thermometer shows a low temperature.

3. 손 깨끗이 씻기

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- An illustration showing a pair of hands being washed under a blue faucet. A pink bottle of '비누' (Binu) soap is on the left. A red alarm clock on the right shows '30초 이상' (30 seconds or more), indicating the recommended duration for handwashing.

4. 음식 위생적으로 조리하기



5. 음식 안전하게 섭취하기



An illustration of a blue pot with vertical ridges, containing a carrot, a purple eggplant, and a green leafy vegetable. Steam is rising from the pot. To the right of the pot is a yellow bottle of oil with a white cap. The pot's lid is placed on the surface in front of it.

출처: 식품의약품안전처