

#5 TOKSAVE BLONG FREEZEM FIS



FROM WANEM

Taem we yu freezem fis, aktiviti blong ol enzaem mo bakteria we hemi save spolem fis i save stop.

Hemia i minim se fis we i aes i stap, yu save storem blong longfala taem mo yu save transpotem ova long ol longfala rod. Infomesen kad ia i save helpem yu lo saet blong olsem wanem yu save preparem fis blong yu. Bae i helpem yu blong save hao blong freezem gud fis blong yu mo hao blong mekem sua se yu no spolem fis blong yu taem we yu freezem.



WANEM

Taem we yu putum wan fis long aes-box, yumi save talem se fis ia i aes gud nomo taem we evri wota insaed long bodi blong hem i kam aes.

I gat tri step blong freezem wan fis?

1. Temperaja blong fis i mas foldaon hariap igo long -1°C .
2. Temperaja blong fis i mas stap everitaem long -1°C taem we wota insaed long fis ino freeze everiwan iet.
3. Taem we kolosap everi wota i aes insaed long fis, yu mas droppem temperaja bakegen blong freezem ol las wota we ino aes yet insaed long fis.



INFOMESEN PEPA

blong ol man/woman we oli stap fising, salem mo kakai fis



OLSEM WANEM

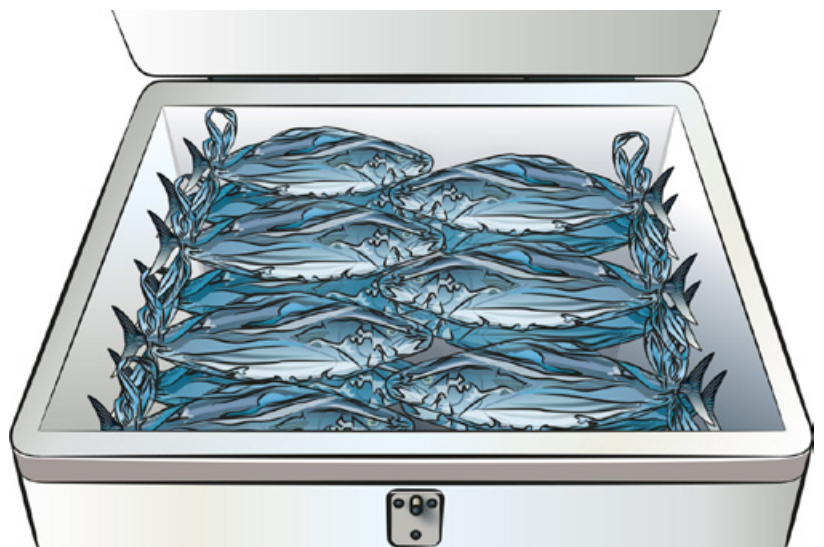
Taem we yu freezem fis blong yu, yu shud storem insaed long aes-box mo maintenem wan tempereja blong -30°C

Ol 12V/24V solar freezer, oli no save freezem gud fis blong yu. Blong yu save freezem gud fis long wan solar freezer, yu nid blong adjustem temperaja dipen long weta, taem blong dei, batri mo namba blong fis. Taem yu putum temperaja blong freezer igo antap tumas, bae fis ino save stap gud blong longfala taem.

Taem we yu freezem fis i stap, yu mas storem long wan wei we i alaoem kolkol ea blong muv raon long fis mo bae yu save tanem olgeta moa esi. Sipos we kolkol ea ino save muv gud raon long fis, bae kolkol temperaja ino save maintenem kwaliti blong everi fis blong yu mo bae sam i save nogud insaed long aes-box.

Taem yu freezem fis, yu mas save wetaem nao yu putum long aes-box. Kwaliti blong fis i save ko daon sipos fis i stap long aes-box blong long taem tumas.

No freezem fis blong yu bakegen sipos we aes hemi lus long hem finis. Sam taem isave kosem sik blong bel i nogud, troat mo fiva



INFOMESEN PEPA

blong ol man/woman we oli stap fising, salem mo kakai fis



KEA

Yu mas handelem gud fis blong yu wetem kea.

Fis we i gat ol kil long bodi blong hem o skin I brok o ol gat I brok bae i no save aes gud mo bae ino save stap gud long-taem. Sam long ol gudfala fasin blong kea long fis:

- No handelem fis blong yu long taem tumas.
- Usum ol naef we i shap blong karemaot gat, gil mo long taem we yu.
- Mekem sua se fis blong yu i no kasem kil taem yu wok long hem, pakemap o storem



KLIN

Bakteria I save go daon taem we yu freezem fis, be sipos we fis I gat fulap bakteria mo doti bifo yu freezem bae fis hemi stil no sef blong kakae afta we yu karemaot long freezer.

Yu save faenem bakteria mo doti:

- long skin blong fis
- long gut blong hem.
- long ol eria raon long yu
- long ol tul we yu usum,
- mo long ol man we oli handelem fis.

Eni ples o eria we yu usum blong klinim o storem fis i mas stap klin oltaem mo yu mas wasem stret afta we yu usum.

Neva putum fis blong yu long graon.

Blong stopem bakteria mo doti blong no spolem fis mo mekem ino sef blong kakae, yu mas:

- Usum klin wota blong wasem fis
- Usum klin aes blong mekem fis i kolkol i stap,
- Usum ol klin kontena blong storem fis insaed
- Kipim fis i kolkol
- Kavremap fis i stap oltaem
- No allowem fis we I no tan blong i stap tugeta o kolosap long fis we oli cookem finis
- Kipim wok eria mo olgeta tul we yu usum i klin oltaem
- Kipim yu wan i klin oltaem
- Washem gud han blong yu
- No handelem fis sipos yu sik
- Kipim ol animol mo ol smol bebet blong no sidaon antap long fis o kam kolosap long fis
- Kipim fis blong yu longwe long ol doti



KWIK TAEM

Bakteria i save gro hariap. Yu mas mekem sua se eni fis we yu plan blong freezem hemi no stap long taem tumas aotsaed long solwota bifo yu freezem.

Fis hemi moa sef blong kakai taem we i tekem smol taem blong travel, storem o putum long tebol blong sel. Blong helpem fis blong no lusum kwaliti blong hem, mekem sua se yu freezem kwik taem afta we yu kasem. Taem we yu freezem fis slo, hemi save mekem ol bigfala pis aes insaed long meat blong fis we i save spolem kwaliti blong fis.

OL SAMTING BLONG TINGBAOT

Fis we i kasem kil o i gat smol damej long hem bae i stil nogud taem we yu freezem. Aes bae I no save mekem kwaliti blong fis blong yu i go antap sipos we fis blong yu i gat kil finis. Long sem taem, sam fis taem we oli freezem i save jenjem kwaliti blong hem.

Blong mekem se fis i no drae, usum ol narafala wei blong pakejem, o kavremap mo draonem long aes wota blong mekem aes i protektem fis.

Blong blokem oil blong samfala fis ino ko nogud, usum pakeging we bae i blokem ea blong no fas long mit blong fis. Mekem sua se temperaja blong storage hemi stap daon (gud temperaja hemi -30 degrees Celsius). Ol fis we oli no gris mo mit blong olgeta i waet oli tekem taem blong ol oil blong olgeta iko nogud. go nogud.

