

TITLE: SANITARY QUALITY OF THE SNACKS OFFERED TO PARTICIPANTS OF ROAD RACES IN THE CITY OF MACEIÓ/AL

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ABSTRACT

The food, intended for practitioners of sports activities, such as street racing, have great importance in maintaining the health and performance of these. The objective of this research was to evaluate the microbiological quality of snacks served to participants of street racing in the city of Maceió/AL. 16 races participated in this study, where 33 samples were collected. The collection was carried out through plastic bags. These were transported in insulated box with ice until the microbiology laboratory to carry out the analysis. Microorganisms surveyed were coliforms to 45 °C by the method of multiple tubes, molds and yeasts and aerobic mesophilic bacteria by surface plating method. Of the 33 samples 85% (n = 28), 63.5% (n = 21) and 72% (n = 24), showed contamination by coliforms to 45 °C, molds and yeasts and aerobic mesophilic bacteria respectively. But of the 28 samples contaminated with coliforms to 45°C, 25% (n = 7) presented count above the recommended pattern for the legislation. And 71.4% (n = 5), are fresh fruits and 28.6% (n = 2) mixed bread and juice of passion fruit, so that probably whole or sliced fruits were not subjected to sterilization or step may have been contaminated by handlers, badly cleaned equipment and utensils, as well as the environment in which they were exposed. Although federal legislation does not advocate contamination values for molds and yeasts and aerobic mesophilic bacteria, high scores between 10^5 and 10^6 /g or mL in food, provide various information, such as deficient hygienic conditions equipment and utensils, failures in processing and/or storage, and raw material with excessive contamination. The results are worrisome because food held after the practice of a physical activity is essential to the recovery of sportsmen and sportswomen, and should therefore be free of pathogenic microorganisms that can contribute to negative way to this process. Therefore it is concluded that the street should worry about the sanitary quality of foods offered, having the conscience that is necessary the presence of a responsible technician trained in Handling practices, for conducting the training the professionals involved in the production of snacks, in order to offer foods that cannot cause damage to the health of their customers.

Keywords: Bacterium, Eating, Food Hygiene.

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