

TITLE: MICROZINHANDO: USING COOKING TO TEACH MICROBIOLOGY

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ABSTRACT

Microzinhandando is a project of science popularization which exalts the participation of microorganisms in food production. The objective of this project is to disassociate microorganisms with health risks and demonstrate that they are present beneficially in our daily life, often contributing to our health. Several foods are product of microbial metabolism, of instance, pizza. The pizza dough rises and has its flavor attributed to activity of *Saccharomyces cerevisiae*, and the cheese comes from the action of lactic acid bacteria in milk. Through the website (www.microzinhandando.com) and the Facebook page as communication platforms, the project can broadly disseminate its content, increasing the scope of microbiology in food production to various people. The importance of the culinary language used in the project is evidenced by the different profiles of the followers, attracted by the recipes and articles on health. The content was developed by collaborators, including students and professors from the Faculties of Nutrition, Farmacy and Microbiology. The materials are easy to read, with scientific content and that address different themes, such as the origin of fermented foods and microorganisms involved in the production of certain foods and the health gain and quality of life involved in relation to their consumption. We also teach easy-to-run recipes containing fermented ingredients. The importance of these materials lies in the presentation of the beneficial interaction of microorganisms and food, thus breaking a paradigm that associates them with diseases. Soon the site and Facebook page will divulgate videos, which are being produced with students, showing step-by-step healthy and educational recipes such as pizza, quiche, cheesecake, tiramisu containing fermented ingredients. With the release of videos, we will expand our public with a new platform, that is a video channel at YouTube, where a wider audience is expected and thus broadening the knowledge on the subject. Therefore, the Microzinhandando is a project of integrated activities on Microbiology, Culinary, Nutrition and, Health which contributes to the dissemination of science.

Keywords: Microbiology, Health, Education, Food, Culinary

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