

Nutritional and hygienic assessment of pizza sold by small vendors in Rajkot city and its comparison with home made sample

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■ **ABSTRACT** : Pizza is a popular fast food and is crowned as king of evening snack. As a general pattern, it composed of a pizza base made from fermented batter of Maida and wheat flour, served with different toppings of vegetables, pasta, and macaroni with cheese. Sample of pizza were collected from four different food zones of Rajkot city and its microbial analysis, nutritional analysis were carried out and hygienic practices made out and compared with home made pizza. The analysis was done in terms of total microbial lode present per sample and presence of enteric group of organisms. As it is popular in Gujarat, so attempts were made for necessary awareness amongst the consumers and necessary remedial actions to prevent the same during its preparation and serving with suggestion for hygienic.

■ **KEY WORDS** : Vendor's food, Home made food, Hygienic practices, Nutrient agar, MacConkeys agar

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Food is the usual vehicle for meeting the need for nutrients, but foods differ in their nutrient content. No one food can be depended upon to provide all the nutrients necessary for normal growth and health. Nutritive value refers to the nutrient content of a specific amount of food. Nutrients promote health by making possible the normal operation and maintenance of the body.

Food is food to humans and microbes. Role of microorganisms in food are spoilage and food poisoning. Microorganisms are found throughout the natural environment. People eat street foods for certain reasons as fast-foods are cheap, convenient and save time economics of scale, plus high cost of cooking fuel often make street foods cheaper than food prepared at home.

■ RESEARCH METHODS

Food samples were collected from the four main areas

in Rajkot city. Freshly prepared food samples were collected from four different food zones of city like (1) Indira circle, (2) Bhaktinagar circle (3) Sant Kabir road (4) Race Course ring road.

All vendors were asked about approximate amount of ingredients used in cooking of 5 kg food items. On bases of that amount, raw ingredients for 100 g of food was calculated.

Generally middle and higher middle class people of Rajkot city preferred the above selected items at home. Fifty middle class families were given a questionnaire to find out the ingredients and correct method of cooking of above mentioned pizza. On the basis of the results of questionnaire, the average ingredients were obtained and a recipe was standardized.

After standardizing home made recipes for ingredients and amount prepared were compared with vendor's food samples for nutritional and microbial quality and observation of the hygienic practices.

Nutritional content of home made food was rich as it contained large amount of potato and tomato. While vendors food contained more amount of butter (fats) and cabbage, a cheap ingredient widely available (Table A).