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### FULL TEXTS

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### MUSIC PARODIED: APPLICATIONS IN COMMUNITARY HEALTH EDUCATION

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**Introduction:** The relevance of this study is to consider parodied music as an object of research in communication.

**Objective:** To evaluate the learning process promoted by songs, parodying issues of Health Education in the context of a community.

**Methods:** An exploratory - descriptive study of qualitative character, carried out during the year of 2008 in the city of Fortaleza, Ceará, Brazil. The data collection used the technique of the semi-structured interviews applied to 11 key-informants. The data processing carried the technique of the Collective Subject's Speech. This research is ethically and legally guarded by Opinion.

**Results:** It was proved that the parodied music is a possible intervention strategy for Health Education, for its potential to become effective by using a few resources and leveraging resources/human potentials of the same community. The negative points identified by the participants were that parodied music should not be applied in an isolated form or as an alternative to other education strategies. On the contrary, there was proved a need to associate it with other methodologies in order to achieve the final goal.

**Conclusions:** The strategies calls people's attention and are more attractive than the expository explanations normally applied. Considering the potential disseminators of information in the community, it is believed that the possibility of these people to reproduce the captured content with the resource of the CD, at least, in the family context, among friends and neighbors, which already prints to this resource a significant importance.

**Descriptors:** Health Education; Health Promotion; Music Therapy, Public Health, Community Health Nursing.

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### CAPSICUM ANNUUM L. WITH DIFFERENT COLORS PROVIDE BIOAVAILABLE PHYTOCHEMICALS WITH HEALTH BENEFITS

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**Introduction:** Sweet peppers (*Capsicum annuum* L.) are more than a versatile green or red vegetable. These vegetable is one of the oldest and most important carotenoid food colorants, and it is widely used in food industry and in pharmaceutical formulations. Carotenoids are some of the most vital colored phytochemicals, and accounting for the brilliant colors of a variety of vegetables, and concentration depends on their growth maturity, variety, concentration of carotenoid isomers, and food processing methods.

**Objective:** The main objective of this work was to examine possible changes in carotenoids contents due to processing, fresh, frozen, and cooked sweet pepper varieties (green, red, yellow, and orange).

**Methods:** Briefly, 1 g sweet pepper samples were extracted with 20 ml of acetone/hexane (2:3, v/v), then the absorbance of the supernatants at 453, 505, 645, and 663 nm were measured by spectrophotometric assay. The contents of chlorophyll a, chlorophyll b, b-carotene and lycopene were calculated according to the following equations: chlorophyll a (mg/100 mL)=0.999A663-0.0989A645; chlorophyll b (mg/100 mL)=-0.328A663+1.77A645; b-carotene (mg/100 ml)=0.216A663-1.22A645-0.304A505+0.452A453; lycopene (mg/100 ml)=-0.0458A663+0.204A645+0.372A505-0.0806A453.

**Results:** In comparison with the water-soluble vitamins, the provitamin A carotenoids and lycopene appear to be relatively stable to processing, and cooking. Significant differences in carotenoids were observed (p<0.05) and correlations with each sweet pepper variety.

**Conclusions:** Major public health benefits could be achieved by increasing consumption of carotenoid-rich vegetables still appears to stand, independently of the type of processing.

**Descriptors:** *Capsicum annuum* L.; Carotenoids; Antioxidant activity; Health benefits.