

Introducing meat analogs to school catering: An instant hit?

December 9 2019, by András Bittsánszky



Credit: András Tóth

In a primary school in Budapest, Hungary, 265 pupils tried meat-free

spaghetti Bolognese, made entirely from pea protein instead of meat. The common aim of the project partners is to familiarize pupils with plant-based meat analogues. The researcher chefs involved in the development replaced minced meat with specially developed pea protein-based meat analogue to make the meals. At the end the children expressed their opinions revealing that 91 percent of them liked the lunch.

On Santa's day 265 pupils tried meat-free spaghetti Bolognese, made entirely from pea protein instead of meat. Although some restaurants are already offering similar meals, due to the rigorous quality requirements this is the first initiative to introduce meat analogues to [school](#) catering. The Hungarian innovation tried at first by [children](#) of a [primary school](#) in Budapest.

The common aim of the Food Control Group and the Új Budai Alma Mater Primary School is to familiarize pupils with plant-based meat analogues that are becoming more and more popular across the globe.

"Our school is committed to raising children's awareness on the importance of a healthy diet. Besides serving nutritious and tasty meals, it is also essential to reduce the adverse environmental effects caused by food production. So it is important for children to learn about the new 'greener' foods," school director Orsolya Parditka Balázsné Giczi said.

The researcher chefs involved in the development replaced minced meat with specially developed pea protein-based meat analogue to make the meals. Thus the Bolognese sauce prepared in the SoReCa kitchen of Food Control Group was guaranteed to contain no allergens, additives, or flavor enhancers.

At the end of lunch the children expressed their opinions through PUSH'n GO machine, revealing that 91 percent of them liked the lunch

made from meat analogue.

"We do not want to educate children against [meat consumption](#), however it is our responsibility to move our diets toward sustainability, and familiarize children with new high-quality foods," project manager András Tóth said. Based on results so far, with success!

The CreaVeg [meat](#) analogue products are 100 percent Hungarian development of SoReCa Ltd, Food Control Group and KSERIS Knowledge Transfer Ltd, and this October the Project was awarded a Seal of Excellence by the EU Horizon 2020 program.

Provided by CORDIS

Citation: Introducing meat analogs to school catering: An instant hit? (2019, December 9) retrieved 26 April 2024 from <https://medicalxpress.com/news/2019-12-meat-analogs-school-catering-instant.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
