



Introduction

Legumes are well represented in Hungarian school catering since regulations oblige the caterers to serve legume at least once in a ten schooldays period. Green pea, green bean, kidney bean, lentil and yellow pea are served regularly in various form.

The regulations are moderately suitable to determine the real consumption, because pupils can reject or consume partly the served food. Therefore limited information is available about the real quantity of consumed food and leftovers in schools.



The food preference survey

In 2017 a food preference survey was conducted in more than 80 Hungarian secondary schools. Plate waste of the canteens was analyzed according to the main ingredients. Legume dishes were served in 26 schools. By analyzing the served portions and the amount of plate waste, we estimated the real quantities of the consumed food.

Table 1. Preference data of school catering dishes with legume ingredient. Data of 26 schools are shown.

Legume ingredient	Consumer (person)	Served	Consumed	Wasted
Green pea	381	133 kg	98 kg	36 kg
Kidney bean	145	52 kg	36 kg	16 kg
Lentil	333	120 kg	105 kg	15 kg
Green bean	1470	416 kg	236 kg	181 kg
Total	2 329	721 kg	475 kg	246 kg

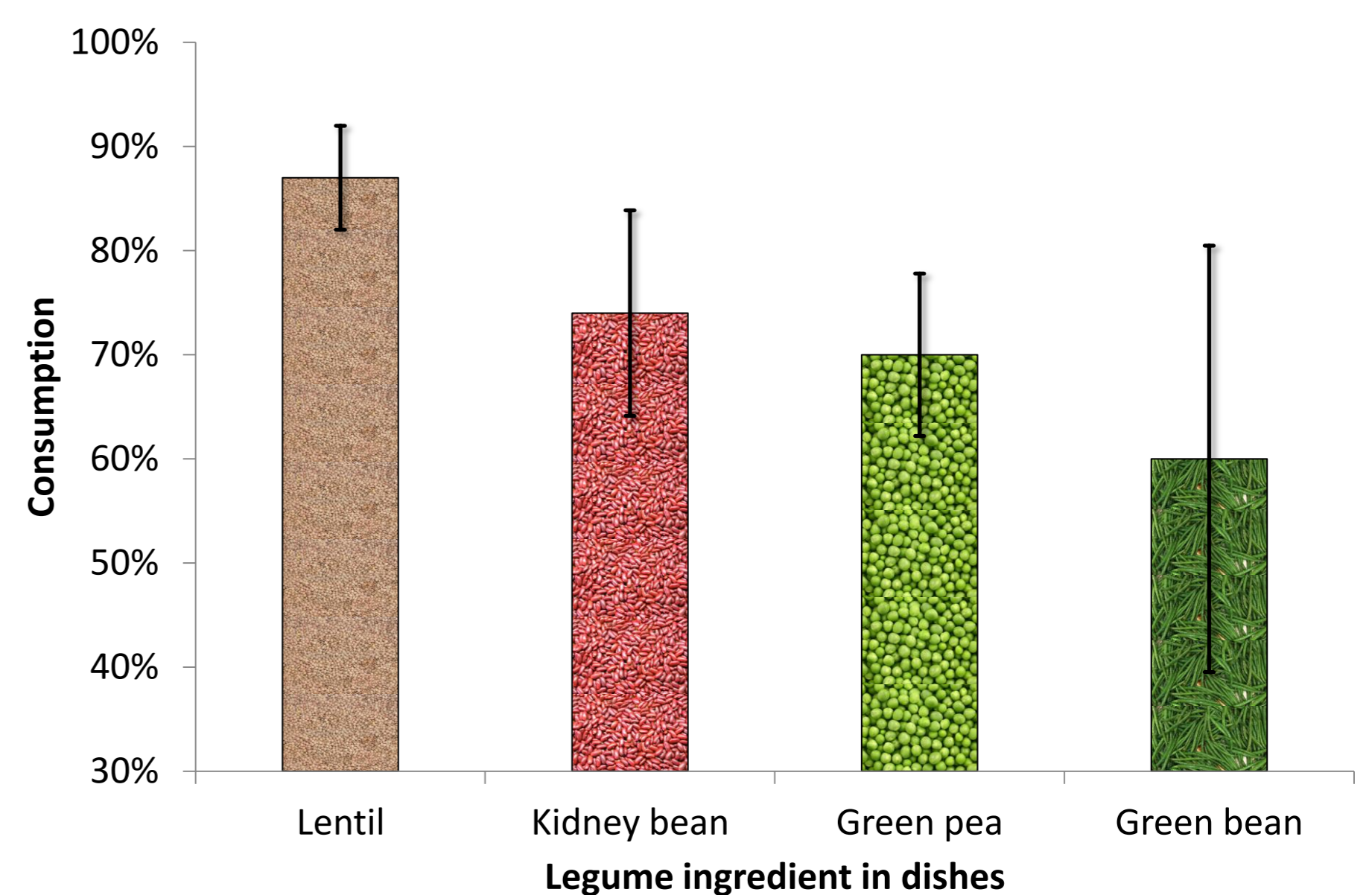


Figure 1. The real consumption of legume containing dishes in school catering. The consumption expressed as the ratio of consumed and served amount in gram.

Conclusion

Legumes are often served in Hungarian school catering however they are not a preferred food group. A significant amount of legumes are rejected and wasted in schools. Unfortunately the use of legume ingredients are quite monotonic, this could lead to the rejection.



Figure 2. Examples of legume containing school menu dishes (Source: National Food Chain Safety Office)
A) Green pea stew B) Kidney bean stew C) Green bean stew D) Green pea soup

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