



Högskolan Kristianstad

Two bachelor's theses on the potential for increased legume consumption in Sweden

Viktoria Olsson

Kristianstad University



Högskolan Kristianstad

Swedish legumes from the past **- a sensory description**

Charlotta Dahl Petersson, Carlos Rojas Carvajal and Jenny Uhlmann

Aim: to identify and bring forward sensory descriptive words for six Swedish legumes from the past.

Historic peas and beans collected by

The program of cultivated diversity, POM

/ Lena Nygårds



Phaseolus vulgaris
var. *vulgaris* L. Bean



Phaseolus vulgaris
var. *vulgaris* L. Bean



Vicia faba L. Broad bean



Vicia faba L. Broad bean



Pisum sativum var. *arvense* (L.)
Poir. Grey pea



Pisum sativum var. *arvense* (L.)
Poir. Grey pea



Descriptive sensory words

The sensory words which best describes the legumes are:

sweet, sour/acidic, bitter, chestnut, nutty, buttery, fresh, rich taste and with variations in aftertaste.

The mouthfeel can be described as:

mealy, crispy, solid and tender.



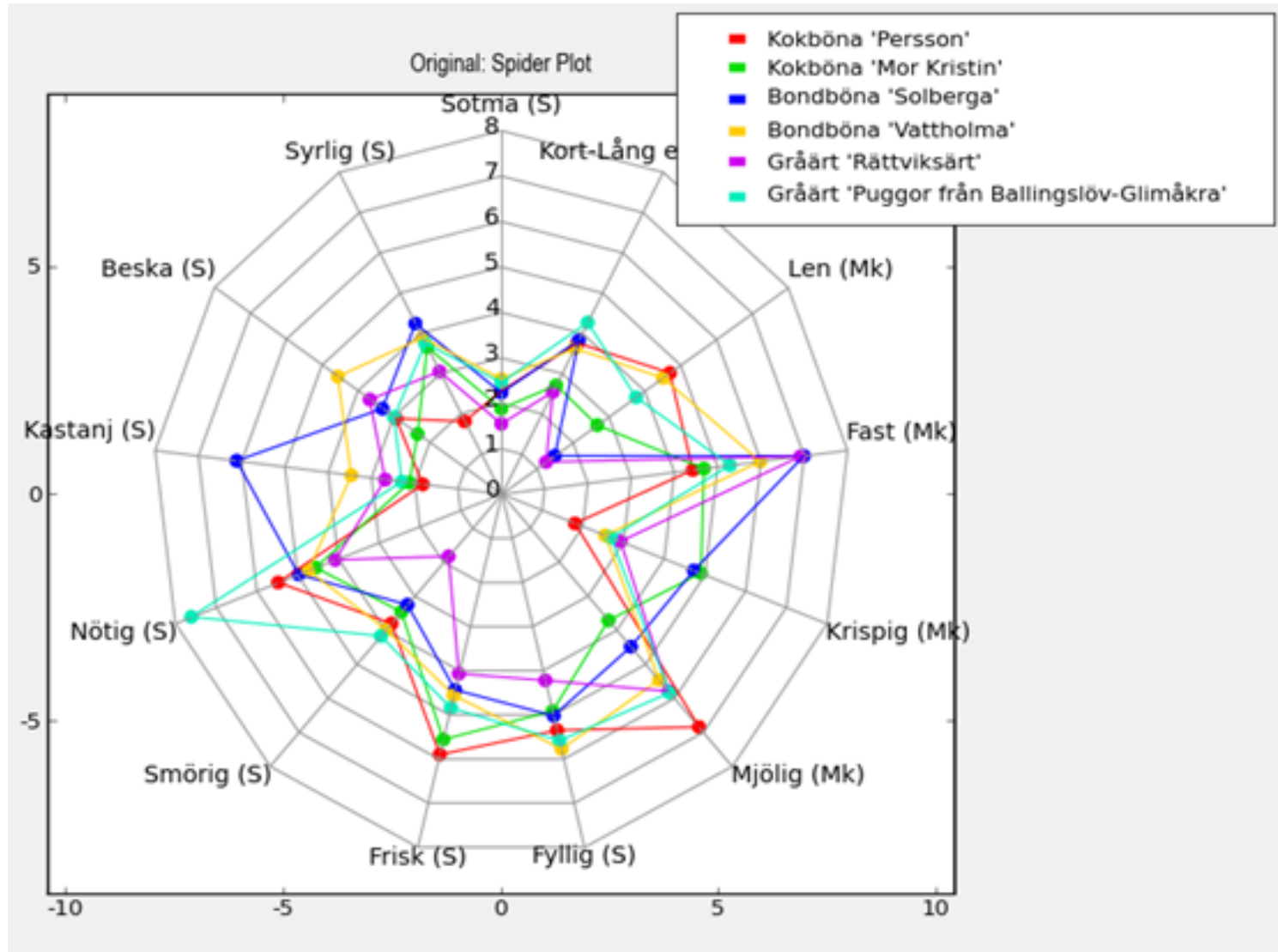
Results

The evaluation of intensity revealed only insignificant differences between the different legume varieties. None the less, there were certain distinguishable attributes.

As an example, the grey pea "Puggor från Ballingslöv-Glimåkra" had a striking, nutty flavour.



Högskolan Kristianstad





Conclusion

“The sensory descriptive words that this thesis have lead to can help the consumer to chose the right product, increase the value of the product an at the same time preserve a cultural heritage of Sweden”



Beans in the school canteen

David Göransson and Emma Lundström

Aim: to examine the attitude towards legumes among school children and to test if it is possible to effect this attitude by exposing the children to legume-based side meals.



Högskolan Kristianstad



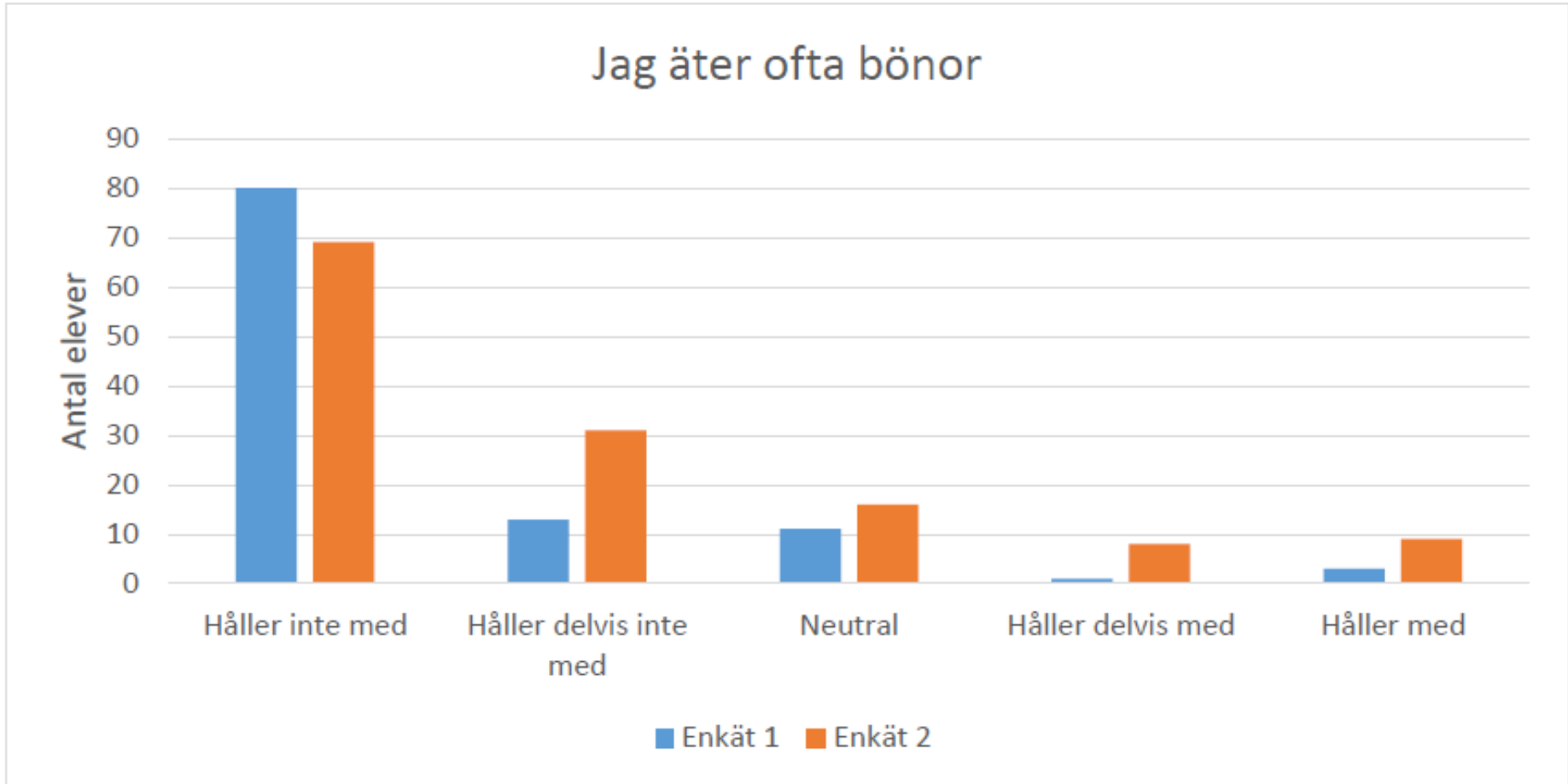


The view of the staff

- The school children are generally positive and curious towards the introduction of new dishes. Attractive colours, a variation in shape and textures and decorations that enhances a “fresh” look are important success factors.
- The school children eat less when legumes are served. A certain cautiousness.
- Reason? Dislike the consistency and/or taste.
- Allergies not perceived as a problem



Results



Questionnaire 1) 108 replies and questionnaire 2) 132 replies



Conclusion

“The compiled result of the study showed a positive change of attitude amongst the students. Increasing the consumption of legumes requires new ideas in the creating of attractive dishes and side meals, and this study provides several examples of how to continue the work in future projects”