Does your education have an impact on your protein-mindfulness? – a case study among E³UDRES² students

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MATE — MAGYAR AGRÁR- ÉS ÉLETTUDOMÁNYI EGYETEM

A JÖVŐ VEZETŐI PROGRAM

Abstract

In December 2024, a workshop was conducted within the E³UDRES² Hackathon by the Future Leaders Programme. The study examined protein knowledge and mindfulness among European university students through presentations and non-formal learning methods.
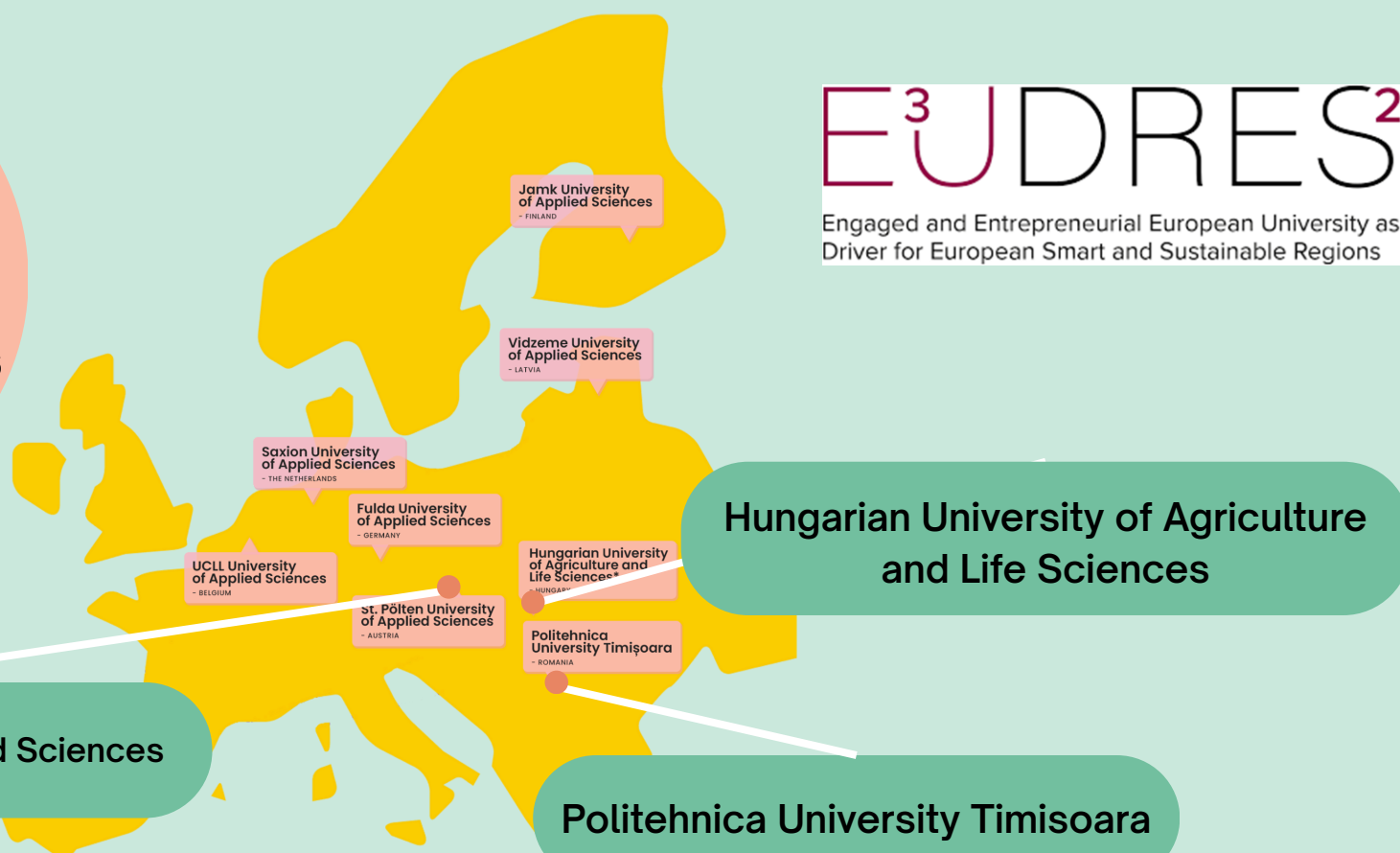
Key Finding:

Participants pursuing food-related studies demonstrated significantly higher protein consciousness and intake awareness compared to students from other fields.

Objectives

This study aimed to assess protein consumption habits and nutritional mindfulness among European university students during the E³UDRES² Hackathon in Budapest, December 2024.

32 Students from 3 Universities

E³UDRES²
Engaged and Entrepreneurial European University as Driver for European Smart and Sustainable Regions

- Hungarian University of Agriculture and Life Sciences
- St. Pölten University of Applied Sciences
- Politehnica University Timisoara

Key Results

6.56 Average **protein source mindfulness** score
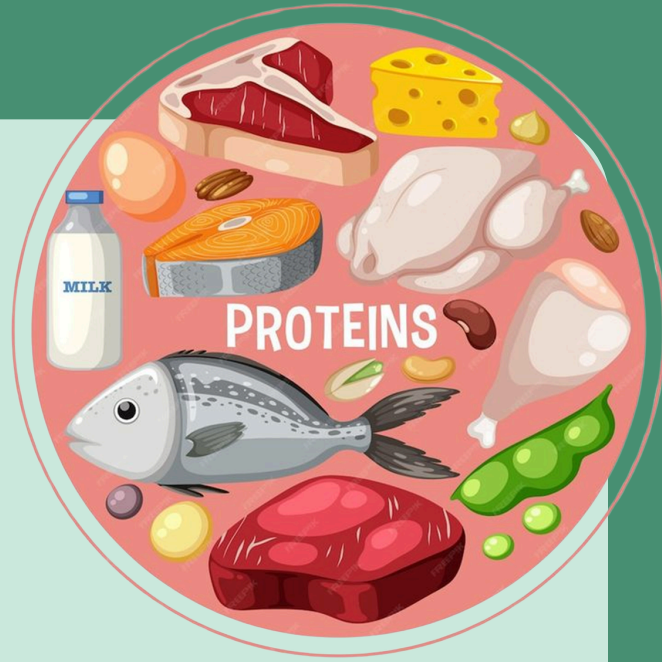
Food science students' average score **7.44**

6.04 Average **protein intake consciousness**

Food science students' intake awareness **7.22**

Most Important Protein Sources (Ranked)

1. Eggs
2. White Meat
3. Red Meat
4. Dairy Products
5. Legumes
6. Fish
7. Other Plant-based Proteins

PROTEINS

Purchase Decision Factors

General Food
→ Budget
→ Health
→ Accessibility
→ Environmental Impact

Protein Sources
→ Health
→ Budget
→ Accessibility
→ Animal Welfare
→ Environmental Impact

Methodology

A 2-hour workshop included a 12-question questionnaire completed by 27 participants covering:

- Demographics and field of study
- Dietary consciousness (1-10 scale)
- Protein source mindfulness (1-10 scale)
- Daily protein intake awareness (1-10 scale)
- Ranking of protein sources by importance
- Factors influencing protein choices

Conclusions

- **Education Impact:** Food science students showed 13% higher protein source mindfulness and 19% higher intake awareness

- **Priority Shift:** Health attributes became primary concern for protein choices vs. budget for general food purchases

- **Sustainability Gap:** Environmental impact ranked lowest in decision-making factors

- **Traditional Preferences:** Animal-based proteins (eggs, meat, dairy) still dominate despite plant-based trends

Future Research: Post-workshop questionnaire recommended to measure knowledge retention and attitude changes.