

## Promoting healthy eating environments: the role of public catering in the areas surrounding educational establishments

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### Introduction

Food consumption outside home is an important health determinant for population in general and, particularly, for students, who resort frequently to public catering in the areas surrounding educational establishments.

### Objectives

To characterize the food offer included in the student menus in the Portuguese catering establishments.

### Methodology

This is a cross-sectional observational study was design in the Portuguese public catering establishments. It was collected information about the composition of foods and beverages that compose the Student Menu.

### Results

138 student menus were analyzed with an average of 3.4 options per menu (standard deviation = 3). Only 10% include soup and none of them include fruit. The vegetarian option is rare (11%) and only 20% include the fish option, contrasting with 35% that include the white meat option and 73% that include the red meat option. In 68% of the menus french fries are served, as a side dish. Regarding to drinks, 31% of the menus include sugary drinks and 42% include water. Allergen information is presented in 3.6% of the menus.

### Conclusions

The Students Menus' options show a lack of variety and the food supply is inadequate in most of the analyzed menus. It's important to adopt national strategies, to promote healthier eating habits in the young population, considering the offer outside the home.

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## **Twelfth International Conference on Culinary Arts and Sciences**

**Editors :**  
**M. Michaud**  
**A. Giboreau**  
**A. Perez-Cueto**

**The Worshipful Company of Cooks  
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# MENU

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# TWELFTH ICCAS INTERNATIONAL CONFERENCE ON CULINARY ARTS AND SCIENCES

Lyon, 2 – 3 June, 2022

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## PREFACE

**MENU is the magazine of the In**

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This book continues the theme started in 1996, by bringing together the edited papers from the twelfth **International Conference on Culinary Arts and Sciences**, organized by the Institut Paul Bocuse Research Center at the Lyon 2 University, France.

These conference proceedings provide a permanent record of the papers and posters given, demonstrating the international variations of the conference and the different angles and diversity of subjects covered. Papers have been grouped under the following sessions:

FOOD ADAPTATION TO HEALTH CONCERNS AND CONSUMER PREFERENCES

CHEFS AND CONTEMPORARY FOOD ISSUES

CONSUMER'S KNOWLEDGE AND ATTITUDES TOWARD HEALTHY AND SUSTAINABLE FOOD

DYNAMICS OF FOOD CULTURES: HERITAGIZATION, TRANSFORMATION AND ACCULTURATION

FOOD PATTERNS AND DIET CONTENT

INNOVATIVE METHODS TO STUDY FOOD KNOWLEDGE, EXPECTATIONS AND EMOTIONS

TRENDS, CHOICES AND BEHAVIORS IN FOOD SERVICE

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