SOYBEAN, FRUITS AND VEGETABLES COMBINATIONS: AN INTELLIGENT HEALTHY FOOD CHOICE

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The soybean is of great economic importance in Brazil, presenting important nutritional and functional properties. The program Healthy food and sensory evaluation of soybean preparations by healthy and non-healthy communities was contemplated by the Brazilian Ministry of Education, Edict n. 4 ProExt 2011. This program is supported by four projects. These projects and the program are coordinate by a Brazilian professor graduated in Food Engineering. This program aim is to divulge soybean preparations by applying sensory trials with individuals from various age ranges, healthy or non-healthy, teaching these people the benefits of the inclusion of soybean in their meals. The relevance of this program lies in the fact that soybean is first on the list of the types of grain produced in Brazil. The team working on this program consists of undergraduate students; professors from Federal and State universities graduated in medical science, food engineering, nutrition, home economics and biologists; administrative technician doctors, nutritionists and psychologists. The undergraduate extension workers elaborate the preparations in their homes and transport them in a safe way to the places where the sensory trials will be applied. The preparations are submitted periodically to microbiological analysis. The students teach the consumers the importance of including this legume in their diets. The responses of the consumers provide the conditions for the program team to search for better formulations. Since 2005, this program has produced 7 monographs and 72 experimental studies were published and presented in local, national and international events by thirty undergraduates.