



ABSTRACT BOOK

International Web Conference on

Food Choice & Eating Motivation

Coordenação Editorial

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(pp. 38-38)

THE INTERNATIONAL RESEARCH PROJECT EISUFOOD - EDIBLE INSECTS AS SUSTAINABLE FOODS

Raquel Guiné¹, Sofia Florença², João Duarte¹, Manuela Ferreira¹, Cristina A. Costa¹, Paula Correia¹, Ana Paula Cardoso¹, Sofia Campos¹, Ofélia Anjos³, Cristina Chuck-Hernández⁴, Marijana M. Sarić⁵, Maria Papageorgiou⁶, José M. F. Baro⁷, Małgorzata Korzeniowska⁸, Maša Černelič-Bizjak⁹, Elena Bartkiene¹⁰, Monica Tarcea¹¹, Nada Mallah Boustani¹², Ilija Djekić¹³, Dace Klava¹⁴, Emel Damarli¹⁵, Osvaldo Ortez¹⁶, María Cristina Ropero¹⁷, Youssef Elamine¹⁸, Akeem Oyerinde¹⁹, Vanessa Ferreira²⁰

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In recent years, insects have been suggested as an alternative source of animal protein, and a more sustainable way to provide the needs in protein of the growing world population. Edible insects are nutritive foods, rich in macronutrients and particularly protein and fat, but also contain micronutrients important for many body functions, such as vitamins and dietary minerals. The project "EISuFood – Study about food habits and knowledge about edible insects as sustainable foods" is developed in different countries and aims to study the habits, knowledge, and perceptions of consumers in different social and cultural contexts to edible insects.

The project was approved by the CERNAS-IPV Research Centre at the Polytechnic Institute of Viseu, in December 2020, and the Principal investigator and leader of the international team is Raquel Guiné. The project involves a total of 69 researchers in the 18 participating countries (Brazil, Cape Verde, Colombia, Croatia, Greece, Latvia, Lebanon, Lithuania, Mexico, Morocco, Nigeria, Poland, Romania, Serbia, Slovenia, Spain, Turkey, with Portugal being the leader country).

The project involves four tasks as follows: 1. Preparation of the instruments for data collection; 2. Collection of data in the 18 countries; 3. Analysis of the data; and 4. Preparation of scientific outputs and dissemination of results. The questionnaire used in the project addresses seven different dimensions: Culture and Tradition, Gastronomic Innovation and Gourmet Kitchen, Environment and Sustainability, Economic and Social Aspects, Commercialization and Marketing, Nutritional Aspects and, finally, Health Effects. The questionnaire was prepared by the whole international team and approved by the Ethics Committee of the Polytechnic of Viseu with Reference No. 45/SUB/2021. An initial screening involved the validation for the Portuguese sample¹, before global application in all countries. The validation of this questionnaire confirms its usefulness for investigating consumer perceptions of and knowledge about edible insects, making possible its application in different countries.

Keywords: Edible insect; Questionnaire survey; Sustainability; Culture; Tradition

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