

# Exploring the Role of Protein in Student Nutrition: A Workshop Overview

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## The beginning

A workshop was carried out in Budapest, during the E<sup>3</sup>UDRRES<sup>2</sup> Hackaton in December 2024. The theme for the 2024 Hackathon was "One World," with a specific focus in Budapest on "One Protein One Soil." During the event, participants attended a general lecture and workshop, both centered around the topic of proteins and various diets.

## Methodology

At the beginning of the workshop a general lecture was held by our 5 member team. The background knowledge of the students was very versatile, that is why it was necessary to inform them about the structure of the proteins, amino acids, limiting amino acids, complete and incomplete proteins and their sources. This lecture was followed by a more interactive program element. The students were asked to make groups of 4-5. Every group got a different topic from the following list: vegetarian, vegan, paleo, ketogenic and omnivorous diet. Every group was sent into a separate room to gather as many ideas and information about the given diet as possible.

## Goals

The main goal of the workshop was to educate the participants of the Hackaton about the different diets and eating habits. Our target was to create a comfortable space during the workshop and talk about these nutritional topics in a casual way while valuable knowledge was spread.



Participants Listening to Each Other's Presentations

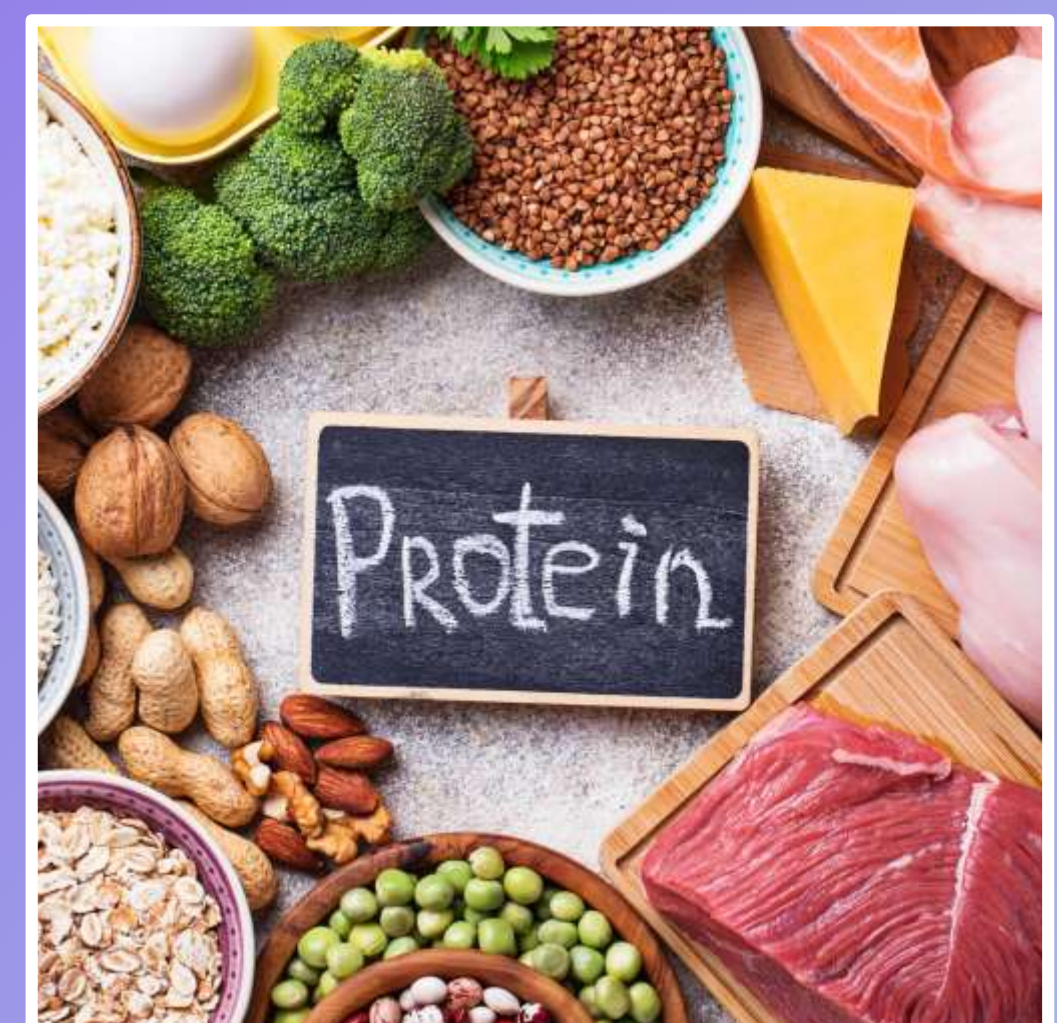


The participant students of the round table

The Future Leaders group members -the ones, who organised the workshop- used different methods to keep up the attention. Some used a Power Point Presentation to give the Hackaton students a well structured education about the chosen diet, one group member mostly collected short-animated videos to show and there was a person who came with blank sheets and pens, so the participants could create their own presentation. Finally everyone was sent back in the starting room and each group was given 5 minutes to provide a brief overview of the diet they had discussed.

## Conclusions

It is clearly evident that working in small groups has a significant impact on the students. They feel the need to pay attention to each other, be more active, and engage their minds. The fact that emotional connections can also improve the memorization of certain information has also been proven. Regarding the topic of different diets with a focus on protein sources, every group reached the same conclusion at the end. Despite cultural differences, the unified decision was that the omnivorous diet is the best for both the environment and the human body.



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