

## **ABSTRACT**

The master's thesis deals with the characteristics of legumes, their consumption in my country and in the world, different options of preparation and mostly their composition and influence on health. Legumes are an important source of plant based protein, complex carbohydrates, fiber, vitamins, minerals and other components, that might be regarded as less desirable due to possible interactions with food nutrients and gastrointestinal issues. The amount of some of these substances could be reduced by following treatment and on the other hand even these antinutrients can be beneficial. Last but not least legumes are getting more important in connection with the environment and other alternative diets such as vegetarianism and veganism, where legumes are important as a protein source instead of animal based sources.

The practical part consists of a survey with the aim to determine knowledge about legumes, preference and frequency of their consumption and with linking characteristics of students of medical faculties as a part of the population, that is preparing for work connected with human health. The second part of the practical part was a sensory analysis of leguminous dishes. There, the acceptance of their hedonic parameters was determined and their nutritional analysis was made.

From the results of the survey was concluded, that students of medical faculties are relatively well informed about the problematics of legumes independently on the sex of the participants or their individual diet. Higher frequency of the legumes consumption from the examined sample of participants had vegetarians and vegans. The rest of the participants had legumes in their diet at least once per month.