

Abstrakt v angličtině k bakalářské práci na téma “Srovnání českých a zahraničních superpotravin” ,Lucie Soldánová, Karlova Univerzita, 1. lékařská fakulta, obor Nutriční terapeut.

This bachelor thesis focuses on the topic of superfoods and aims to discover how our crops differ from those from abroad. The work consists of a theoretical and practical part.

In the theoretical part of my thesis, I firstly analyze five most well known foreign (avocado, soy, goji, chia seeds and quinoa) and Czech (various seeds, poppy seeds, walnuts, blueberries and vegetable juices) superfoods. Then I compare them on four levels- a nutritional, economical, ecological and ethical one.

In the practical part I asked several questions related to the problematics of superfoods and with the use of sent out questionnaires investigated whether people know superfoods, what is their opinion on them, if they buy them and whether they think about their origin and deeper problematics of the import of exotic crops. I discovered that more than 75 percent of those questioned are aware of superfoods. Whole 40 percent of people were somewhat sceptical of these foods and only 18,5 percent expressed full trust in them. Almost 73 percent of respondents buy superfoods at least once a week, which reflects their more frequent consumption, while the origin of these superfoods is unimportant for almost one half of the respondents. That shows that the question of localness and sustainability of our agriculture is taken into account, but is not the defining motive in buying superfoods.