

FOOD SOVEREIGNTY AND SECURITY IN GASTRONOMY: INTERRELATIONSHIPS AND PERSPECTIVES BY AN ACADEMIC COMMUNITY OF BRAZIL

**Sugizaki, Barbara Cassetari¹
Oliveira, Maria Rita Marques de²**

Received: 11/05/2024

Reviewed: 28/01/2025

Accepted: 30/08/2025

<https://doi.org/10.53766/Agroalim/2026.32.62.05>

ABSTRACT

Gastronomy has emerged as a transdisciplinary field of knowledge guided by a critical perspective. However, this more inclusive and comprehensive view coexists with a hegemonic and normative perspective in which gastronomy knowledge is restricted to culinary techniques from a distinctive and exclusive standpoint. This study investigates the interrelationships and prospects between gastronomy and Food Sovereignty and Security as perceived by Brazil's undergraduate gastronomy academic community. Methodologically, this is qualitative research, in which semi-structured interviews were conducted with professors, undergraduate students, and alumni of these programs, which were transcribed and interpreted based on thematic content analysis. The theoretical frameworks adopted were the paradigm of complexity, which considers the integration of different forms of knowledge, and the understanding of coloniality within this educational context. Among the results, findings reveal that overcoming hegemonic and Eurocentric paradigms of gastronomy is necessary for establishing interrelations between Gastronomy and Food Sovereignty and Security. Since gastronomy represents culture and identity, undergraduate students in Gastronomy programs in Brazil have turned towards a local, regional, and national perspective, encompassing the construction of their own epistemology. It is also envisaged that this knowledge includes overcoming strictly technical knowledge, consolidating itself as knowledge that encompasses various stages of the food system, whether scientific or not. New professional profiles are also emerging as possibilities for professional engagement, involving technical professionals committed to Food Sovereignty and Security, professionals engaged in political, educational, and research actions. However, despite the progress made towards the Human Right to Adequate Food, democratization of food, and integration of knowledge from a decolonial perspective, an effective counter-hegemonic stance remains incipient in the discourse.

Key words: Gastronomy, food security, food sovereignty, human right to adequate food, Brazil

¹ PhD student in Food Heritages: Cultures and Identities (University of Coimbra-UC, Portugal); M.Sc. in Food and Nutrition (São Paulo State University-UNESP, Brazil); Bachelor's Degree in Gastronomy (Federal University of Ceará-UFC, Brazil). *Address:* Campus de Botucatu Distrito de Rubião Júnior, s/n, CEP 18618-970. Botucatu, São Paulo, Brazil. *ORCID:* <https://orcid.org/0000-0001-5000-6935>. *Phone:* +5514 98800202; *e-mail:* barbara.sugizaki@hotmail.com

² PhD in Food Sciences (University of São Paulo-USP, Brazil); M.Sc. in Food and Nutrition (São Paulo State University-UNESP, Brazil); Graduated in Nutrition (University of the Sacred Heart-USC, Brazil). Professor in the Institute of Biosciences of Botucatu (São Paulo State University-UNESP, Brazil). *Address:* Campus de Botucatu Distrito de Rubião Júnior, s/n, CEP 18618-970. Botucatu, São Paulo, Brazil. *ORCID:* <https://orcid.org/0000-0003-1226-4364>. *Phone:* +5514 98800202; *e-mail:* maria-rita.oliveira@unesp.br

RESUMEN

La gastronomía actualmente se ha estructurado como un campo de conocimiento transdisciplinario que se ha guiado por una perspectiva crítica. Sin embargo, esta visión más inclusiva y amplia coexiste con una visión hegemónica y normativa en la que los conocimientos sobre gastronomía están restringidos a las técnicas culinarias desde una perspectiva distintiva y exclusiva. Ante este nuevo escenario, esta investigación tiene como objetivo comprender las interrelaciones y perspectivas futuras entre la Gastronomía y la Soberanía y Seguridad Alimentaria (SSA) vislumbradas por la comunidad académica de los programas de licenciatura en gastronomía en Brasil. Metodológicamente es una investigación cualitativa, en la cual se realizaron entrevistas semiestructuradas con profesores, estudiantes y egresados de estos programas, que fueron transcritas e interpretadas basándose en el análisis temático de contenido. Los marcos teóricos adoptados fueron el paradigma de la complejidad, considerando la integración de diferentes formas de conocimiento y la comprensión de la colonialidad dentro de este contexto educativo. Entre los resultados se observó que es necesario superar los paradigmas hegemónicos y eurocéntricos de la gastronomía para establecer interrelaciones entre la gastronomía y la soberanía y seguridad alimentaria. Dado que la gastronomía representa la cultura y la identidad, los programas de licenciatura en gastronomía en Brasil se han orientado hacia una perspectiva local, regional y nacional, abarcando la construcción de su propia epistemología. También se vislumbra que este conocimiento incluye superar el conocimiento estrictamente técnico, consolidándose como un conocimiento que abarca diversas etapas del sistema alimentario, ya sea científico o no. También están surgiendo nuevos perfiles profesionales como posibilidades de compromiso profesional, que involucran a profesionales técnicos comprometidos con la SSA, profesionales comprometidos en acciones políticas, educativas e investigativas. Sin embargo, a pesar del progreso realizado hacia el derecho humano a una alimentación adecuada, la democratización de la alimentación y la integración del conocimiento desde una perspectiva decolonial, una postura efectivamente contrahegemónica sigue siendo incipiente en el discurso.

Palabras clave: gastronomía, seguridad alimentaria, soberanía alimentaria, derecho humano a la alimentación adecuada, Brasil

RÉSUMÉ

La gastronomie s'est actuellement structurée en tant que champ de connaissance transdisciplinaire guidé par une perspective critique. Cependant, cette vision plus inclusive et large coexiste avec une vision hégémonique et normative dans laquelle les connaissances sur la gastronomie sont restreintes aux techniques culinaires dans une perspective distinctive et exclusive. Dans ce nouveau contexte, cette recherche vise à comprendre les interrelations et les perspectives futures entre la gastronomie et la souveraineté alimentaire et la sécurité alimentaire (SSA) envisagées par la communauté académique des programmes de licence en gastronomie au Brésil. Méthodologiquement, il s'agit d'une recherche qualitative, dans laquelle des entretiens semi-structurés ont été menés avec des enseignants, des étudiants et des diplômés de ces programmes, qui ont été retranscrits et interprétés sur la base de l'analyse thématique de contenu. Les cadres théoriques adoptés étaient le paradigme de la complexité, en considérant l'intégration de différentes formes de connaissances, et la compréhension de la colonialité dans ce contexte éducatif. Parmi les résultats, il a été observé que pour établir des interrelations entre la gastronomie et la souveraineté alimentaire et la sécurité alimentaire, il est nécessaire de surmonter les paradigmes hégémoniques et eurocentriques de la gastronomie. Étant donné que la gastronomie représente la culture et l'identité, les programmes de licence en gastronomie au Brésil se sont tournés vers une perspective locale, régionale et nationale, englobant la construction de leur propre épistémologie. On envisage également que cette connaissance inclut le dépassement des savoirs strictement techniques, se consolidant comme une connaissance qui englobe divers stades du système alimentaire, qu'ils soient scientifiques ou non. De nouveaux profils professionnels émergent également comme des possibilités d'engagement professionnel, impliquant des professionnels techniques engagés dans la SSA, des professionnels impliqués dans des actions politiques, éducatives et de recherche. Cependant, malgré les progrès réalisés vers le Droit Humain à une Alimentation Adéquate, la démocratisation de l'alimentation et l'intégration des connaissances dans une perspective décoloniale, une position effectivement contre-hégémonique reste émergente dans le discours.

Mots-clés : gastronomie, sécurité alimentaire, souveraineté alimentaire, droit humain à une alimentation adéquate, Brésil

RESUMO

A Gastronomia atualmente tem se estruturado enquanto um campo de conhecimento transdisciplinar que tem se pautado por uma perspectiva crítica. Entretanto, essa visão de caráter mais inclusivo e abrangente coexiste com uma visão hegemônica e normativa na qual os conhecimentos sobre a Gastronomia são restritos às técnicas culinárias em uma perspectiva distintiva e exclusiva. A partir desse novo cenário, essa pesquisa tem como objetivo compreender as inter-relações e perspectivas futuras entre a Gastronomia e a Soberania e Segurança Alimentar (SSA) vislumbradas pela comunidade acadêmica dos cursos de bacharelados em Gastronomia no Brasil. Metodologicamente trata-se de uma pesquisa qualitativa, na qual foram realizadas entrevistas semiestruturadas com docentes, discentes e egressos desses cursos, que foram transcritas e interpretadas com base na análise temática de conteúdo. Foram adotados como referenciais teóricos o paradigma da complexidade, considerando a integração de diferentes saberes, e o entendimento sobre a colonialidade no âmbito desta formação. Dentre os resultados observou-se que para o estabelecimento de inter-relações entre a Gastronomia e a Soberania e Segurança Alimentar é necessária a superação de paradigmas hegemônicos e eurocêntricos. De forma que a Gastronomia por se tratar de uma representação da cultura e identidade, os cursos de bacharelados em gastronomia no Brasil têm se voltado à uma perspectiva local, regional e nacional, abarcando a construção de uma epistemologia própria. Vislumbra-se ainda que esse saber inclui a superação de um conhecimento estritamente técnico, consolidando-se como um saber, seja ele científico ou não que abarque diversas etapas do sistema alimentar. Nota-se também que as inter-relações entre a Gastronomia e a SSA no Brasil perpassam novas possibilidades de perfis profissionais vislumbrados na atuação profissional, que envolvem profissionais técnicos comprometidos com a SSA, profissionais envolvidos com ações políticas, educativas e na pesquisa. Entretanto, apesar dos avanços apresentados, em direção ao comprometimento desses profissionais com a garantia do Direito Humano à Alimentação Adequada, à democratização da alimentação e a integração de saberes em uma perspectiva decolonial, uma postura efetivamente contra-hegemônica mantém-se como incipiente nos discursos.

Palavras-chave: gastronomia, segurança alimentar, soberania alimentar, direito humano à alimentação adequada, Brasil

1. INTRODUCTION

Gastronomy, in its current understanding, has been structured as a transdisciplinary field of knowledge that has been guided by a critical perspective (Brandão, 2018; Ferro, 2021). However, this more inclusive and comprehensive view coexists with a hegemonic and normative perspective in which knowledge about gastronomy is restricted to culinary techniques from a distinctive and exclusive standpoint. One such example is *«haute cuisine»* (Soares *et al.*, 2020). This model of social distinction is geared towards market niches and tends to overshadow the possibilities of producing scientific knowledge (Oliveira & Silva, 2021). However, within the scope of education, Bachelor of Gastronomy programs in Brazil are incorporating new elements into the scope of gastronomic knowledge (Brandão, 2018).

Based on this new scientific and educational perspective of Gastronomy, we explore the concepts of Food Security (HLPE, 2020, p. 7) and Food Sovereignty (Forum for Food

Sovereignty, 2007, p. 1), which are described as follows:

Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life.

Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. [...] Food sovereignty prioritizes local and national economies and markets and empowers peasant and family farmer-driven agriculture, artisanal-fishing, pastoralist-led grazing, and food production, distribution and consumption based on

environmental, social and economic sustainability.

Many countries perceive Food Security and Food Sovereignty (FSS) as competing concepts. However, Brazil has implemented a comprehensive national Food Security policy, influenced by social movements that advocated for Food Sovereignty (Pinton & Yannick, 2019).

We highlight the interrelationships perceived by the academic community between these two constructs and gastronomy along two dimensions: The scope of the field of gastronomic knowledge and some possibilities for professional practice. Therefore, it is pertinent to discuss how these assumptions are incorporated into academic discourses, either through the understanding of gastronomic knowledge when related to FSS, and in the professional perspectives envisioned for the alumni for actions related to FSS.

This research aims to understand interrelationships and future perspectives between gastronomy and FSS as envisioned by the academic community of Brazilian Bachelor of Gastronomy programs.

2. METHODOLOGY

The theoretical references of this research are grounded in the paradigm of complexity (Morin, 2015) and in the understanding of coloniality (Mignolo, 2017). Gastronomic knowledge is understood to encompass both popular and academic knowledge, in which the predominance of hegemonic actors in Gastronomy, such as chefs, is also questioned, as they often reinforce an elitist and exclusionary character of social distinction (Soares *et al.*, 2020). This exploratory qualitative study was

conducted by the first author, a graduate student in a Bachelor's degree program in Gastronomy, who carried out semi structured interviews with members of an academic community divided into two groups. One group was composed of faculty members, and the other consisted of students and alumni from the five public Bachelor's degree programs in Gastronomy in Brazil, located across different states of the country. These programs are listed in Table/ 1.

Thus, all public educational institutions in Brazil with a presence in this field were included. The participants were selected using the snowball method of sampling, in which participants who work in or have interests involving FSS were invited, and they subsequently approached others to be interviewed. To accomplish this, faculty members were contacted, and then they reached out to other professors, undergraduate students, and alumni, who worked or were interested in the area. Interviews were conducted until saturation was achieved, with at least 15 participants per institution. The interviews occurred online via Google Meet in August 2020 and were recorded with the consent of the participants, as they signed the Free and Informed Consent Form. Two questions were selected for this research: «Have you ever studied or worked in the Bachelor of Gastronomy programs with a focus on Food Sovereignty and Security, whether through a course, research project, or extension project?» and «What do you envision for the future of the interrelationship between Gastronomy and Food Sovereignty and Security?»

The data were fully transcribed and subsequently interpreted based on thematic

Table 1

Institutions where data collection occurred and the number of respondents

Institution	Acronym	Nº of Professors	Nº of Students and Alumni
Federal University of Bahia	UFBA	6	9
Federal University of Ceará	UFC	5	11
Federal University of Paraíba	UFPB	5	10
Federal Rural University of Pernambuco	UFRPE	5	10
Federal University of Rio de Janeiro	UFRJ	5	10

content analysis (Bardin, 2016). For this, unbiased reading, pre-analysis, and separation into categories were carried out. The analysis categories were organized into two thematic areas and presented in the results in the form of tables. This work was approved by the Research Ethics Committee of the *Faculdade de Medicina de Botucatu* (UNESP-FMB, Medical School of São Paulo State University) (opinion number 3.960.097 of April 8, 2020, and *Certificado de Apresentação de Apreciação Ética* [CAAE, Certificate of Presentation of Ethical Appreciation]: 29277120.4.1001.5411).

3. RESULTS AND DISCUSSION

The most significant interrelations of this research, perceived by the academic community of Bachelor of Gastronomy programs, stem from the very establishment of the definition of what this field of knowledge is. In this definition, interrelationships are conditioned by culture and the food system, presupposing in both cases the overcoming of hegemonic and normative characteristics, as observed in Table 2.

Due to conceptual and epistemological differences regarding Gastronomy present in literature and in data collection, this research was limited by not defining Gastronomy as a phenomenon, discipline, or scientific field. Instead, gastronomic knowledge was framed as encompassing discussions about nourishment, commensality, kitchen, and cooking (Oliveira & Silva, 2021). All of these, particularly 'food' when differentiated from 'nourishment', share the cultural dimension as a common aspect (Achinte, 2010; DaMatta, 1986). This dimension becomes central in this discussion because of the interrelationships perceived by the academic community regarding the cultural, intrinsic, and inseparable character of gastronomy. This contributes to the FSS debate. Thus, it is from the understanding of food as a representation of culture and identity, being historically constructed, that the interviewees further understand the relationship with the FSS. The cultural lens reveals a movement to break with a Eurocentric hegemonic ideal for a focus on local, regional, and national gastronomy.

There is also an understanding in this academic community about the dominance of coloniality regarding gastronomic knowledge. Coloniality, as a colonial power pattern, is the justification for the most diverse violence, which also affected knowledge, taste, and cultural being (Achinte, 2010; Mignolo, 2017). In the discourses of the academic community, it is possible to perceive that there is an understanding that it is not about decoloniality as the denial of knowledge produced by the West, but rather the recognition and appreciation of the multiplicities of epistemes and paradigms that make up gastronomic knowledge. There is also, in a portion of the academic community, the influence of some counter-hegemonic groups that should be highlighted, such as traditional peoples and communities, social movements, and agroecology. In these interrelationships, the approach of gastronomy to certain 'subalternized' movements with a decolonial stance can be perceived, recognizing this knowledge as relevant to gastronomic knowledge and necessary for its emancipation. Thus, the interrelations between Gastronomy and Food Sovereignty and Security have emerged concurrently as a foundational premise of a counter-hegemonic Gastronomy.

Another category, which appears frequently in the participants' discourse, concerns the interrelationships established between gastronomy and its interactions with the food system. The interviewees emphasized that the choices made by the professional gastronomist affect different stages of the food system, and the gastronomist should be aware of these stages and their results. Within this context, understanding of food production and supply, as well as the results of its activities on the environment and health, were cited as important in the list of gastronomic knowledge. Thus, this involves incorporating into the field of gastronomic knowledge debates and insights related to its interaction with the food system, defined as (HLPE, 2017, p. 11):

A food system gathers all the elements (environment, people, inputs, processes, infrastructures, institutions, etc.) and activities that

Table 2

Categories of analysis and respective discourses on the cited interrelationships between FSS and gastronomy

Analysis Categories	Sense of Flow	Discussion
Culture: Food and cuisine as identity representations	Understanding that Gastronomy based on local, regional and national culture can break with the European hegemonic ideal and move towards Sovereignty and Food and Nutrition Security	And we are at the moment [...] to rethink this a little and try to build an epistemology of Brazilian gastronomy, trying to investigate what the inputs are, the techniques, the utensils, the equipment, the methods of preparation that are really rooted in Brazilian culture. I'm not diminishing the importance of international gastronomy, that's not it! But I start from the principle that for us to have a dialogue with the world, we need to be strong locally. (TEACHER 3, UFRJ) When you think, for example, about gastronomy as this relationship between different sciences, when you look at it from [...] an anthropological issue, how people behave, customs and everything this, you can see that this all has a direct relationship with the choices that people are going to make. And there is this question that has been mentioned before, of what is food and what is food. (STUDENT 7, UFRJ) So we will value, for example, Ceará cuisine, Northeastern cuisine, [...] Brazilian cuisine from all regions and those others that are now mandatory in our curriculum, will become optional, which are the classic French and Italian. In other words, this is a big step! We are openly valuing what is ours and this is food sovereignty. (TEACHER 2, UFC)
Food system	Understanding that gastronomic knowledge should include discussions on Food and Nutrition Sovereignty and Security through different interactions with the food system	I'm talking more about the qualitative part for the general population, the type of ingredients that you choose to use, or that you choose to support and disseminate will be decisive and can impact the global agri-food system. So, if a gastronome chooses not to use industrialized products and chooses not to use products that have a very long supply chains, within the production and commercialization channels, it is already playing a great role in promoting health. (TEACHER 6, UFBA) If we think of gastronomy as something broader, it is part of this context. Gastronomy is not just a gastronomic technique, of preparing food, but if I think about gastronomy as a whole [...] it would be at the end of the food production chain that would encompass food safety and sovereignty. [...] The gastronome, who is producing, he has to think about this sovereignty to know where he buys the food, the culture from which it comes, who will consume it and who has access to what. (TEACHER 1, UFC)

relate to the production, processing, distribution, preparation and consumption of food, and the outputs of these activities, including socio-economic and environmental outcomes.

Such relationships with the food system can be seen in the discourses that cover issues of a different nature, such as the use of products from short food supply chains, originating from family farming, agroecological, and organic sources; waste reduction, and full use

of ingredients; the use of sociobiodiversity, such as the *Plantas Alimentícias Não Convencionais* (PANC, or Non-Conventional Food Plants); among others. In addition to aspects related to food production and supply, the consequences of these choices are also shown for health and the environment. Thus, there is a holistic view of the food system by integrating its different stages, constituting a transversal and non-sectored posture of the gastronomy professional.

In this sense, the identification of categories that explore culture and the food system demonstrates gastronomy as knowledge guided by the paradigm of complexity (Morin, 2000, 2015). Thus, although gastronomy has cultural reality as the starting point of the interrelationship with the FSS, it is recognized commonly in only the narrowest context, disregarding the other interactions with the food system, and it does not answer the current questions that arise about gastronomy and FSS in Brazil.

However, despite the understanding of Gastronomy under new paradigms, it is observed that even though the academic community of Bachelor's degree programs in Gastronomy aims for a reconfiguration of the field of gastronomic knowledge, some discussions have shown that a new counter-hegemonic posture is still in its early stages. Although some approaches to FSS have been carried out by gastronomy since the emergence of the Slow Food movement (Petrini, 2009), there are other discussions and recent writings specific to the local realities in which this work is set (in academia, predominantly in the Brazilian Northeast and at a time of worsening Food Insecurity in the country). The incipience of the counter-hegemonic posture can be seen in some remarks made whose character is shallow and sometimes contradictory, especially by some undergraduate students, as in this case:

It can also be a food [...] that can have the glamour of gastronomy. [...] Not just boiled cassava served with jerked beef or dried meat, but a more elaborate preparation of it. Using gastronomy, using the techniques of gastronomy for this

sort of thing. [...] The gastronomy of the Northeast applies French and Italian techniques and presents it in a different way, because it ends up that people want to stop consuming this type of food «because it is food that has no glamour, it is food for lower-class people». (STUDENT 5, UFRPE)

The previous statement shows that a hegemonic and normative view of gastronomy is still present in some discourses, even if in a more isolated way in this academic community, which reinforces the idea of gastronomy as a social distinction and the Eurocentric domain of culinary techniques.

Another fundamental perspective is how the academic community envisions possibilities for the conduct of this profession, which is interrelated with the FSS. Three different possibilities of action were observed, described in Table 3.

The first profile is a glimpse of this profession and is a new attitude towards technical professionals in this area. It is understood that the technical training promoted in the Bachelor's degree programs in Gastronomy can be guided by the notion of FSS, reflecting on their professional practices. In other words, working in catering, institutional provisioning, or commissary service allows this professional to act as a manager, chef, or cook. The performance of this professional demonstrates the promotion of a healthy, sustainable, and fair food system. In this way, in addition to the results of food choices for health and sustainability, social justice is also a requirement for this professional. The latter must be considered in their practices, including in the development of fair relationships with other agents of the food system—farmers, fishermen, traditional communities—and the guarantee of the Human Right to Adequate Food (HRAF). In other words, a professional who, in addition to being concerned with consumers, considers that the HRAF «takes place when each man, woman and child, alone or in the company of others, has physical and economic access, without interruption, to adequate food or to means of obtaining it» (United Nations, 1999). As such,

Table 3*Professional profiles envisioned by the academic community to work in FSS*

Analysis Categories	Sense of Flow	Discussion
Technical Professional	Technical professional who holds Food and Nutrition Sovereignty and Security as a principle, whether in kitchens or in their management	Gastronomy has a lot to contribute to food sovereignty, because it imagines the propagative ability that gastronomist can have throughout Brazil, both by working in kitchens in practice and by opening businesses with more cooperative, respectful behaviours, embracing traditional cultures and engaging food producers. (TEACHER 6, UFBA) Then I think that another operational aspect of gastronomy comes in, like the market. How do restaurants deal with this? I think there are a number of strategies too, I think restaurants can support identity strengthening processes, based on the recognition of a value, based on the purchase of input. So, how are purchases made? How are restaurant menus made? It's all done in a way that you don't have much opening for this dialogue with the counter-hegemonic. (TEACHER 3, UFRJ)
Socially engaged Professional	Professional involved in political and educational activities	I see a lot of a relationships with gastronomists helping with public policies. [...] I see this as a thing of fighting politically, in the midst of state representations [...] to be able to have a return of food sovereignty and reinforce these things. (STUDENT 3, UFC) I believe that a junction between the programs that already exist, mainly public policies for school nutrition, and the presence of the gastronomists in schools, especially in public schools [...]. So, gastronomy has a lot to contribute, not only in learning to eat, knowing that this here is good or this is bad, but also to train these students. (STUDENT 10, UFRJ)
Professional Researcher	Professional who develops scientific research related to Food and Nutrition Sovereignty and Security	When the course opened 10 years ago, the students' vision was more like the kitchen. [...] And now with the master's degree in gastronomy, we know that these researches will develop much more [...]. I not only envision, I'm sure, that gastronomy here in the Northeast, in Ceará, will grow a lot with this master's course and that there will be many people [...] interested in these themes, food security, sustainability, biodiversity. So, I think this will be a very positive point for gastronomy, this identity of gastronomy as a science, generating research in the area of food safety. (TEACHER 3, UFC) Because I think that now we are formalizing ourselves as academic beings and researchers, I think it will get bigger and bigger [...]. I hope that we know how to integrate more and more with these subjects. (STUDENT 11, UFC) I think that, based on what I have seen from research and a lot of this growing gastronomy [...] I see that many doors [...] have opened in these areas of food, socio-political, environmental. I believe this will become increasingly important. (STUDENT 5, UFRJ)

the gastronomist adopts an inclusive view of his practice, approaching social actors previously distanced from gastronomy (Soares *et al.*, 2020).

The other two profile perspectives break with the idea of gastronomy as reductionist, of being strictly technical knowledge, but

instead cover other professional possibilities guided by an interdependence of knowledge and that context, tend towards an action that seeks to encompass the complexity of on-the-ground reality (Morin, 2000). The second profile perceived the profession as a practice involved with public policies as well as with Food and Nutrition Education. There is an understanding that a mere change in the gastronomic field disconnected from the related social aspects does not have the necessary impact on the FSS, especially when it comes to guaranteeing the HRAF. Thus, it is viewed that professionals graduating from Bachelor of Gastronomy programs in Brazil work in areas of food policies, bringing their own contributions to the FSS debate. Such policies would encompass the promotion of national gastronomy, which should be associated with the strengthening of family farming, as discussed in other studies (Brandão, 2018; Zaneti, 2017). Other countries that have similarly gone through the colonization process also have positive experiences when associating public policies with gastronomy (Matta, 2014). In addition to influencing public policy, the academic community also understands that the gastronomist can be an educator in Food and Nutrition initiatives. Therefore, the field of professional activity encompasses positions spanning political settings, in schools, in Non-Governmental Organizations, and a more prevalent role in social movements. In these spaces, the gastronomists' understanding of culture and the food system promotes the socialization of knowledge with a view of socio-environmental issues, going beyond a purely biological view of health.

There was also a third professional profile identified whose contributions are focused on scientific research. In this group, there was a consensus of the academic community that, in recent years, there has been a growing interest among undergraduate and graduate students in scientific research, resulting in a portion of graduates enrolled in postgraduate programs in different areas. Furthermore, it is anticipated that with the establishment of the first postgraduate program in Gastronomy at the *Universidade Federal do Ceará* (UFC, Federal University of Ceará), a closer connection

between Gastronomy and FSS can be fostered in new research. Thus, it is understood that research conducted by these professionals is interrelated with FSS, encompassing environmental, socio-political, biodiversity, and sustainability issues, among others. Additionally, the future growth and strengthening of the scientific field of Gastronomy itself is envisioned.

4. CONCLUSION

It is concluded from the analyzed discourses of the academic community of Bachelor of Gastronomy programs in Brazil that there are several interrelationships between Gastronomy and FSS. These interrelationships were identified in two ways: i) through knowledge related to the field of gastronomic knowledge that interrelates with FSS, and ii) the possibilities of professional practice that bring Gastronomy closer to FSS. Regarding the interrelated knowledge, two categories were identified: the first related to culture, food, and cuisines as identity representations, and the second related to the food system.

In both forms of interrelationship with FSS, a counter hegemonic understanding of Gastronomy is presupposed. In the first case, this connection emerges from a rupture with the hegemonic notion of a supposed superiority of European techniques, thereby recognizing local, regional, and national techniques and cultures as equally valuable and thus contributing to FSS. In the second case, Gastronomy is understood through its multiple interactions with the food system, encompassing a broad conception of health, sustainability, the planet, culture, and other dimensions. This perspective breaks with the reductionism that confines gastronomy to technical knowledge alone, instead situating it politically and acknowledging the impact of food choices—whether by supporting local producers of agroecological foods or by sustaining traditions, food heritages, and the guarantee of the HRAF.

Interrelationships between Gastronomy and FSS related to the possibilities of professional practice were also observed, in which three categories were identified: i) one referring to the technical performance of these

professionals, so that they have FSS as a principle in kitchens and/or management; ii) the second related to the possibility of this professional's performance in a socially understood way, encompassing political and educational actions of these professionals; and, iii) the third as researchers who develop scientific investigations interrelated with FSS. Therefore, the intention of this academic community to dissociate Gastronomy from a phenomenon associated with the idea of social distinction is observed, so that it can include in its discourses and practices the democratization of access to food, contributing to the guarantee of the HRAF, as well as encompass relationships with different social actors, producers, farmers, traditional communities, students, among others.

Finally, it is observed that this academic community anticipates a future in which its interrelationships with FSS will be significantly strengthened. This expectation, however, requires an expanded understanding of the very meanings attributed to Gastronomy, enabling the field—both theoretically and professionally—to cultivate deeper connections with FSS. Such an expansion entails moving beyond a strictly technical perspective aligned with hegemonic, elitist, and exclusionary conceptions of gastronomy. Instead, it embraces a broader epistemic framework that incorporates diverse forms of knowledge, scientific or otherwise, concerned with food and its implications for the food system. In other words, it calls for an interdisciplinary approach grounded in complexity. Accordingly, this perspective is sustained through dialogue and the integration of multiple knowledges within a decolonial framework, which ultimately shapes the potential contributions of Gastronomy to FSS in Brazil.

5. ACKNOWLEDGEMENTS

The authors gratefully acknowledge the *Coordenação de Aperfeiçoamento de Pessoal de Nível Superior* (CAPES, Brazilian Federal Agency for Support and Evaluation of Graduate Education), code 001, for funding the master's degree scholarship granted to the primary author of this work.

REFERENCES

- Achinte, A. A. (2010). Comida y colonialidad. tensiones entre el proyecto hegemónico moderno y las memorias del paladar. *Calle 14: Revista de Investigación en el Campo del Arte*, 4(5), 10-23. <http://revistas.udistrital.edu.co/ojs/index.php/c14/article/view/1200>
- Bardin, L. (2016). *Análise de Conteúdo*. Edições 70.
- Brandão, B. H. P. (2018). *Bacharelado como instância de legitimação do saber gastronômico: uma análise do campo a partir de experiências formativas na Universidade Federal do Ceará* [Unpublished PhD Thesis]. Universidade Federal do Ceará. http://repositorio.ufc.br/bitstream/riufc/36664/1/2018_tese_bhpbrandao.pdf
- DaMatta, R. (1986). *O que faz o brasil, Brasil?* Editora Rocco.
- Ferro, R. C. (2021). *Pensando e pesquisando a gastronomia: trajetórias acadêmicas em um campo científico em construção*. Editora CRV.
- Forum for Food Sovereignty. (2007). *Declaration of Nyéléni* (p. 3). Available from: <https://nyeleni.org/IMG/pdf/DeclNyeleni-es.pdf>
- HLPE (High Level Panel of Experts on Food Security and Nutrition). (2017). *Nutrition and food systems. Committee o World Food Security (CFS)*, 44(September), 150. <http://www.fao.org/3/a-i7846e.pdf>
- HLPE (High Level Panel of Experts on Food Security and Nutrition). HLPE. (2020). *Food security and nutrition: Building a global narrative towards 2030*. FAO, CFS-HLPE, Research Guides. <https://openknowledge.fao.org/server/api/core/bitstreams/8357b6eb-8010-4254-814a-1493faaf4a93/content>
- Matta, R. (2014). Gastronomic republic and country of cooks: Food, politics, mass media, and a new idea of nation for Peru. *Revista Colombiana de Antropología*, 50(2), 15-40. <https://doi.org/10.22380/2539472x45>
- Mignolo, W. D. (2017). Desafios decoloniais hoje. *Epistemologias do Sul*, 1(1), 12-32. <http://eipcp.net/transversal/>
- Morin, E. (2000). *Os sete saberes necessários à educação do futuro* (2nd ed.). Unesco Brasil.

Morin, E. (2015). *Introdução ao pensamento complexo*. (5th ed.). Editora Meridional.

Oliveira, T. M. de, & Silva, G. B. de L. (2021). O gosto pelo regional: contribuições da gastronomia para os estudos sobre Cozinha Regional. *Revista de História e Geografia Ágora*, 23(1), 232-246. <https://doi.org/10.17058/agora.v23i1.15937>

Petrini, C. (2009). *Slow food: princípios da nova gastronomia*. S. Editora Senac São Paulo.

Pinton, F., & Yannick, S. (2019). Soberania versus segurança alimentar no Brasil: tensões e oposições em torno da agroecologia como projeto. *Estudos Sociedade & Agricultura*, 27(1), 24-41. <https://doi.org/10.36920/esa-v27n1-2>

Soares, C. M. P., Ferro, R. C., Brandão, B. H. P., Sugizaki, B. C., Silva, G. B. de L., Mourão, T. J. F., Oliveira, T. M. de, & Santos, F. P. dos. (2020). Conceitos de gastronomia: um debate sobre dissonâncias e convergências na literatura científica. *Confluências Culturais*, 9(2), 147-161. <https://doi.org/https://doi.org/10.21726/rcc.v9i2.98>

Soares, C. M. P., Figueiredo, G. O., & Sá, M. B. de. (2021). Projetos político pedagógicos dos bacharelados em gastronomia no Brasil: uma abordagem cartográfica dos cursos ofertados nas universidades públicas federais. *Ágora*, 23(1), 65-84. <https://doi.org/10.17058/agora.v23i1.15944>

UN (United Nations). (1999). *The right to adequate food (art. 11): General comment 12 (20th session, 1999)*. United Nations, 20th session. <https://digitallibrary.un.org/record/1491194?ln=es&v=pdf>

Zaneti, T. B. (2017). *Cozinha de raiz: as relações entre chefs, produtores e consumidores a partir de produtos agroalimentares singulares na gastronomia contemporânea* [Unpublished PhD Thesis]. Universidade Federal do Rio Grande do Sul. <https://lume.ufrgs.br/handle/10183/164708>