PROMOTING HEALTHY EATING IN SCHOOLS THROUGH INTEGRATION NUTRITION – GASTRONOMY


It is assessment of the effective promotion of school meals in Brazil, through the analysis of the National School Nutrition (PNAE) from the perspective of nutrition-gastronomy. The methodology involved document research and comparative case study in Brazilian cities with interviews with managers and beneficiaries. Analyze the evolution of the Program in aspects of infrastructure, nutrition, management control, food safety, acceptability of the food being supplied and social impact as well as the competence and responsibilities of the stakeholders.

From the above analyzes, we obtained data and information on menus, nutritional compositions, food safety, acceptability of food, control and training of managers and nutritionists responsible for implementing the program. Were also identified deficiencies in the promotion, preservation and recovery of regional food culture and the acceptability of food served, since the training proposals affect only the managers and nutritionists, who had prepared the menu, but not to effectively directly responsible for the preparation of the food being served.

As alternative solutions, it is concluded by the need for changes in management and quality controls used and the training of professionals directly responsible for preparing meals and joint search for solutions through proposals to be developed by multidisciplinary teams of nutritionists and experts in gastronomy (chef).