

Book presentation

# In **Lucy's** Footsteps

## An Evolutionary Journey

How Food Made Us Human.  
The Virtues and Value of Animal Protein

BRUSSELS | 8 APRIL 2026



**COMPETERE**  
Policies for Sustainable Development

In partnership with  
**CARNI**  
Sostenibili

### **Dr. Elisabetta Bernardi**

Elisabetta Bernardi is a nutritionist, biologist, and food science specialist. She has over twenty years of experience in communication and scientific research applied to nutrition. Author and host of the ‘Science in the Kitchen’ segment of the science television program *Superquark*, hosted by Piero Angela and *Noos*, hosted by Alberto Angela. She teaches at several universities, is the author of numerous scientific publications and popular books, and co-author of university textbooks.

### **Prof. Giuseppe Pulina**

Giuseppe Pulina, an agronomist and PhD, is full professor of Ethics and Sustainability of animal husbandry at the Department of Agriculture at the University of Sassari and a lecturer in Ethics of Science for the doctoral program. He is Vice-Rector for Research at the same university, President of Unitel-Sardegna, the telematics consortium of the universities of Cagliari and Sassari and President of the non-profit association Carni Sostenibili. Author of approximately 400 scientific and technical papers and 10 books, he is a full member of the Georgofili, the National Academy of Agriculture, the Italian Academy of Cuisine, and an honorary member of the Academy of Pesaro-Urbino.

### **Prof. Pietro Paganini**

Pietro Paganini is a socioeconomic and (geo)political analyst and communicator with extensive experience in the global context. He is the Founder and President of Competere – Policies for Sustainable Development, where he designs strategies and policies for business leaders and policymakers to promote balanced diets and informed consumer choices. He is Adjunct Professor of Business Administration at Temple University (Philadelphia) and John Cabot University (Rome). He serves on the boards of DiBiZ, Academy IIP, and the Italian Institute for Privacy and Data Valorization. Paganini is the author of “Food: How to Overcome Food Ideology?” and “Obesity: Instructions for Rebellion: The Mediterranean Way to Regain Balance, Health, and Freedom of Choice”, co-authored with Prof. Carruba.

## **Policy roundtable**

### **MEP Benoît Cassart**

Benoît Cassart is a Belgian politician affiliated with the *Mouvement Réformateur* party. Professionally, he is a cattle breeder and has been actively involved in agricultural policy for many years. In the 2024 European elections, he was elected as a Member of the European Parliament for Belgium's French-speaking electoral college. He sits with the Renew Europe political group and is a member of the Committee on International Trade (INTA), and the Committee on Transport and Tourism (TRAN). Additionally, he is part of the delegations for relations with the Maghreb countries (DMAG), the countries of the Andean Community (DAND), and the delegation to the Euro-Latin American Parliamentary Assembly. He is substitute of the Committee on Agriculture and Rural Development (AGRI). Cassart is also the founder and co-chair of the Sustainable Livestock Intergroup.

### **MEP Carmen Crespo Díaz**

Carmen Crespo Díaz is a Spanish politician from the *Partido Popular*, which she joined in 1990. She served as a member of the Andalusian Parliament from 1998 to 2011 and later held ministerial roles in the Regional Government of Andalusia. In the 2024 European elections, she was elected as a Member of the European Parliament for Spain. She sits with the European People's Party (EPP) Group and is Chair of the Committee on Fisheries (PECH). She is also a member of the Conference of Committee Chairs (CPCO) and of the Committee on Agriculture and Rural Development (AGRI), part of the Delegation for relations with Canada (D-CA), and a substitute member of the Committee on the Environment, Climate and Food Safety (ENVI).

### **MEP Stefano Cavedagna**

Stefano Cavedagna is an Italian politician from *Fratelli d'Italia*. Before joining the European Parliament, he served as a City Councilor in Bologna, where he was also Head of the Fratelli d'Italia group. He has held several roles in youth political organizations, including National Spokesperson of Fratelli d'Italia's youth wing. In the 2024 European elections, he was elected as a Member of the European Parliament for Italy, where he sits with the European Conservatives and Reformists (ECR) Group. He serves as Vice-Chair for the Special Committee on the European Democracy Shield (EUDS) and is a member of the Committee on the Internal Market and Consumer Protection (IMCO). He also serves as a substitute member of the Committee on the Environment, Climate and Food Safety (ENVI), and the Delegation to the Euro-Latin American Parliamentary Assembly. He Chairs the Delegation to the EU-Chile Joint Parliamentary Committee (D-CL).

### **MEP Carlo Fidanza**

Carlo Fidanza is an Italian politician from *Fratelli d'Italia* and Head of the party's delegation in the European Parliament. In the 2024 European elections, he was re-elected for a third term as a Member of the European Parliament for Italy. He sits with the European Conservatives and Reformists (ECR) Group, where he is a member of the Bureau. He serves as Vice-Chair of the Delegation to the Euro-Latin American Parliamentary Assembly (DLAT) and is a member of the Committee on Agriculture and Rural Development (AGRI) and of the Delegation for relations with the countries of Central America (DCAM). He is also a substitute member of the Committee on Foreign Affairs (AFET), the Committee on Budgetary Control (CONT), and the Committee on Transport and Tourism (TRAN).

## **MEP Dario Nardella**

Dario Nardella is an Italian politician affiliated with the *Partito Democratico*. He holds a law degree and a PhD in public and environmental law from the University of Florence, where he also taught Cultural Heritage Law. Nardella served as Mayor of Florence from 2014, re-elected in 2019, and held leadership roles in Eurocities and the European Committee of the Regions. In the 2024 European elections he was elected as a Member of the European Parliament for Italy. He sits with the Progressive Alliance of Socialists and Democrats (S&D). Nardella is Coordinator of the S&D Group in the Committee on Agriculture and Rural Development (AGRI), and a substitute member of the Committee on Industry, Research and Energy (ITRE).

## **Moderator:**

### **Andrea Bertaglio**

Andrea Bertaglio is a journalist specialized in sustainability, climate change, and environmental issues, with a degree in sociology. He writes for several newspapers, magazines, and websites. He is among the coordinators of two communications projects aimed at countering the disinformation about meat, livestock, and animal products: “The Sustainable Meat Project” (Carni Sostenibili) in Italy and the “European Livestock Voice” in Brussels. For years, he has focused his work on the impacts of agri-food production, starting with those related to animal husbandry and animal production. He has published the book “In Defence of Meat”, now also available in English, in which, while explaining his professional and personal path that brought him to take a stand in defense of livestock, he debunks several myths about meat production and consumption.