

Request for the declaration of a
World Year of Bread and the
consideration of Bread as World
Intangible Cultural Heritage by
UNESCO



CHAPTER 1. WHEAT AND BREAD





Request for Bread to be considered as World Intangible Cultural Heritage

Bread is essentially a mixture of flour, water, yeast and salt, in the right proportions, properly kneaded, fermented and baked in an oven.

By its apparent simplicity and, at the same time, paradoxically, by its richness in nutrients, it has been considered from the most remote times and by the majority of civilizations, the food par excellence.

In the Spanish language, its own name tells us:
PAN - Primer Alimento Natural (First Natural Food)





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And that's how bread is called in some of the different languages around the world

brød	BRÖD	хляб	chlieb	كسفا	pāo	ᐅᓴᓴᓴᓴ	хлеб	LEIPÄ
パン	chléb	םחל	<i>rain</i>	እንጅራ	pîine	brood	нан	
bread	麵 包	hλαῖς	χλιβι	ברויט	maize	ᐅᓴᓴᓴᓴ	duona	
Βεκοό	pan	रोटी	bukëa	ψωμί	PANIS	leib		
빵	mkate	chlěb	ዳቦ	pano	ኅብስቲ	kenyé	كناك	
леб	እንጅራ	<i>bánh mi</i>	brauð	хлеб	pane	خبز	ὄστρος	
chleb	བག་ལེབ་	ЕКМЕК	пшынб	BROT	aran	kruh	نان	



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Bread is already in the Bible, almost at the beginning, in the book of Genesis, chapter 3 verse 19, when Yahweh expels Adam and Eve from Paradise saying: "You will win the bread with the sweat of your forehead"





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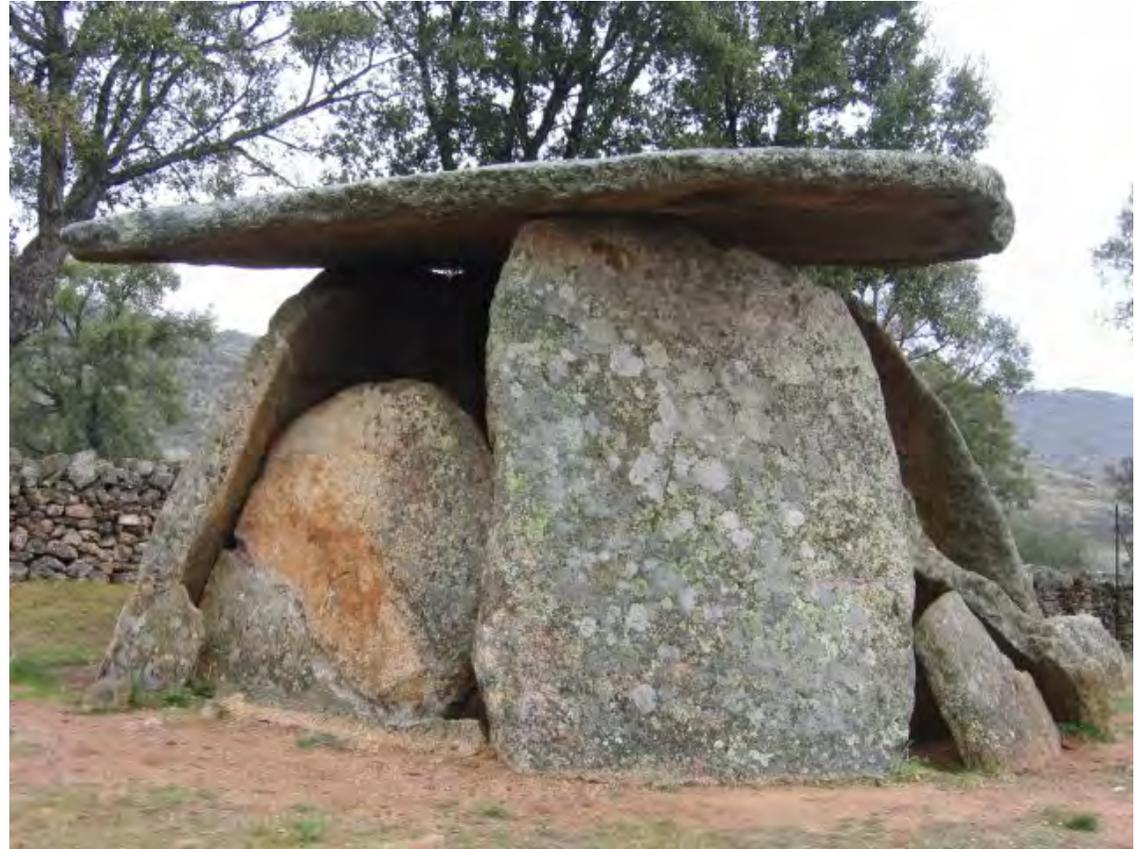
- The word "BREAD" is written 264 times in the Bible
- The word "BREADS", 17 times
- The Word "WHEAT", 40 times
- And the Word "BARLEY", 30 times





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To talk about the history of human food, we are going to go back to the distant past, the Neolithic (or New Stone Age), around the year 9,000 BC





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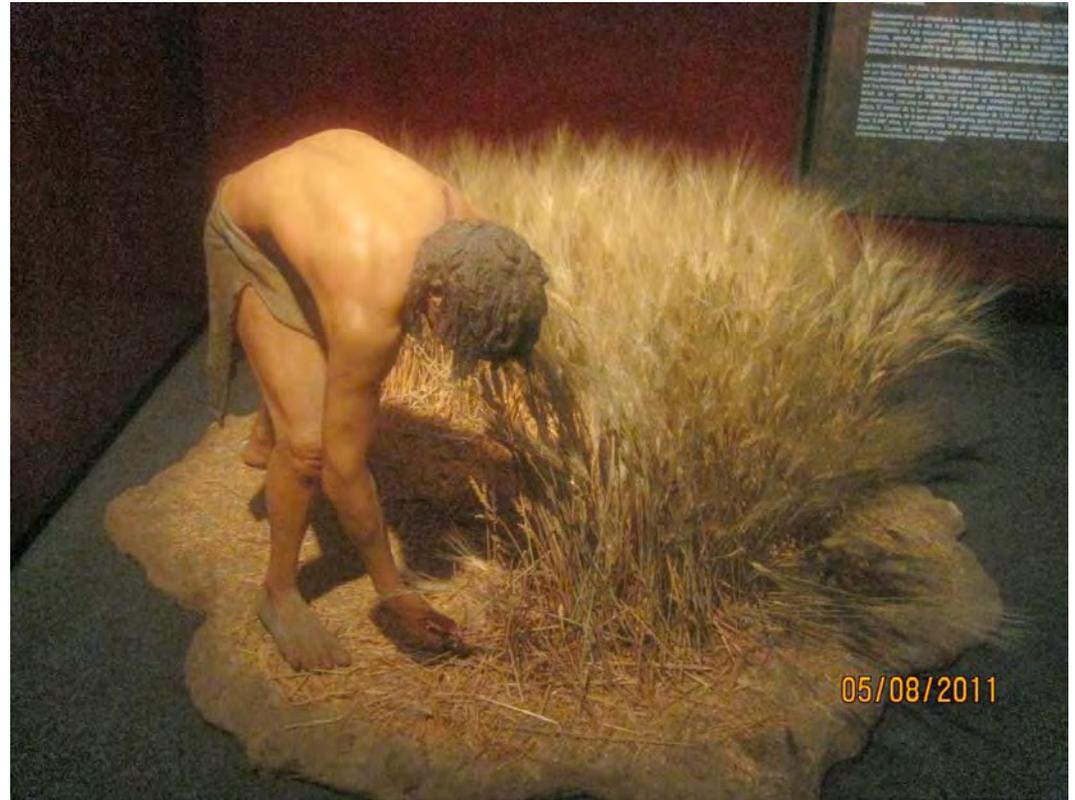
The Neolithic man collected and hunted continuously to feed himself. He lived on roots, nuts, leaves and berries, and hunted for meat and fish. When their food supply decreased, the tribe moved to other areas. This type of nomadic life is still practiced by some primitive tribes that remain in our world





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The discovery of the cereals was an important advance, since the seeds could be cultivated, harvested and stored to feed on them and, having a food reserve, the nomadic people could settle in communities and have time to build a more sociable life





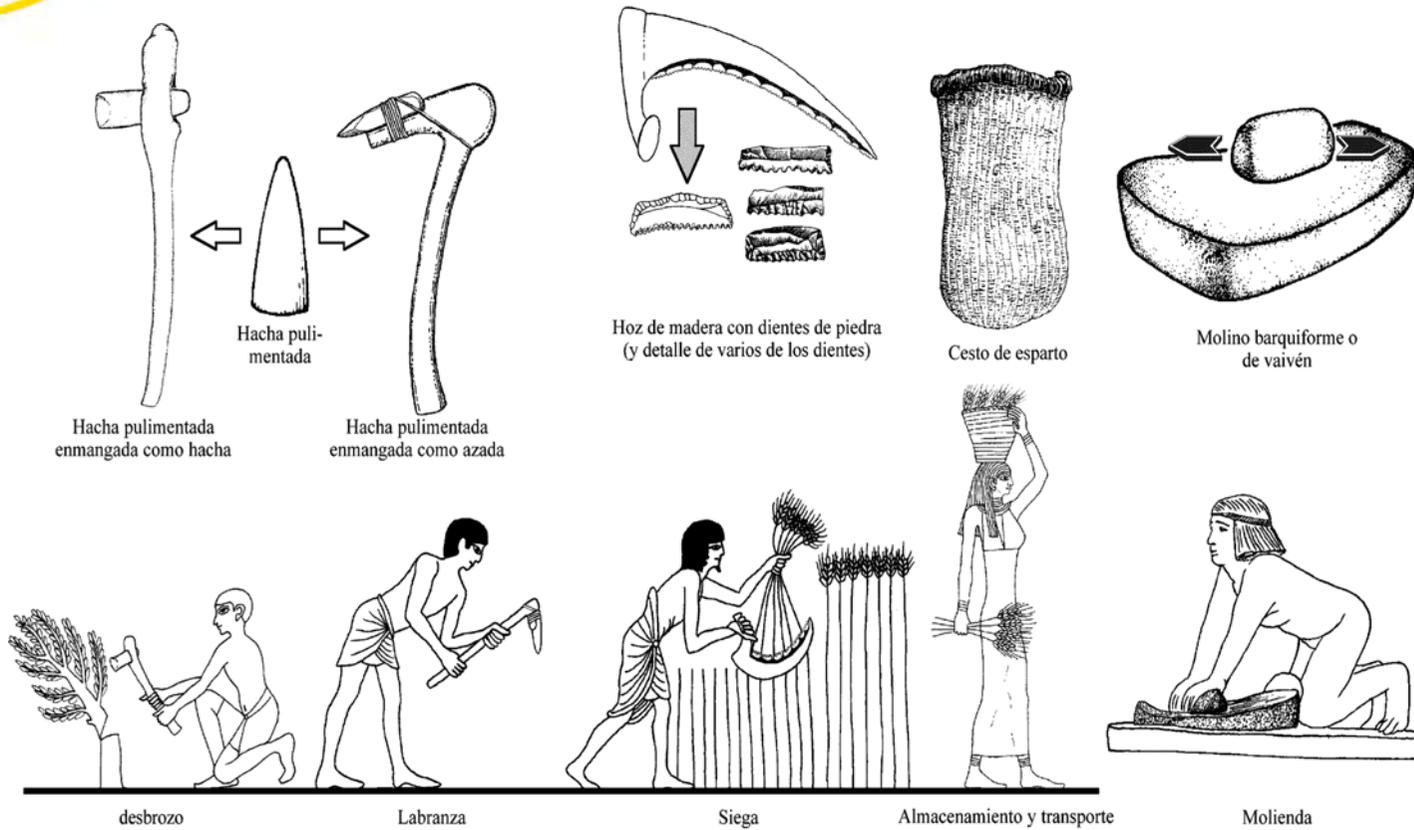
Request for Bread to be considered as World Intangible Cultural Heritage

Civilization begins with the cultivation of cereals by Neolithic man.

Therefore, the use of cereals was not only important from the nutritional point of view, but also from the social point of view



LA REVOLUCIÓN DEL NEOLÍTICO: LA AGRICULTURA



Agriculture
was the
Neolithic
Revolution

PROCEDENCIA: Hacha enmangada de una cueva sepulcral valenciana; azada enmangada de sepulcro neolítico francés; hoz enmangada del neolítico egipcio; cesto de esparto neolítico de la cueva de los Murciélagos (Murcia); escenas costumbristas egipcias extraídas de pinturas murales de mastabas de nobles funcionarios; figurilla femenina moliendo, ushebti de una mastabas de nobles funcionarios



Request for Bread to be considered as World Intangible Cultural Heritage

Civilization begins with the cultivation of cereals by the Neolithic man.

Therefore, the use of cereals was not only important from the nutritional point of view, but also from the social point of view





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Cereals harvest in Sumeria



Uruk Vase 3,500 – 3,000 BC



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Traces of the existence of wheat have also been found around the year 4,000 BC. in the Danube Delta and in the plains near the mouth of the Rhine.

It is estimated that during the third millennium BC It was already cultivated throughout Europe. Towards the year 1,200 a.C. It was also grown in northern China





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Wheat, like the other cereals from which man has been nourished, was first simply eaten raw





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Later the wheat began to be ground and, with the resulting flour, they made porridge or mush and, later, a kind of biscuits or flour cakes kneaded with water that were cooked on hot stones





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That is why it is not possible to speak of the history of mankind without referring to wheat and bread. And although we know that man already used wheat to feed almost 10,000 years ago, the first loaves we find in the Neolithic and are between 6,000 and 9,000 years old





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In the Archaeological Museum of Madrid there are burnt remains of pieces of very coarse bread, coming from that time, from the caves of Lake Nêuchatel, in Switzerland. These primitive breads were hard pieces, crushed, very dry, with the shape of a biscuit, which were cooked, either between two flat stones that had been reheated in the fire, or between sheets of cooked earth covered with burning ashes



José Carlos González Blázquez



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It was unfermented bread that does not look much like today's bread, but is still consumed in some parts of the world like in India, Pakistan, certain Arab countries, etc.

Oddly enough, in the 21st century, there are still many places in the world where bread is still being made in the same way.





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In fact, bread, as the main food derived from wheat, has been, from the beginning, the best ally of many civilizations to overcome hunger.

The lack of bread has caused revolutions; and its abundance has been so important to politicians that it led the Romans to say that they only needed 'panem et circenses' (bread and circus) to keep the peace

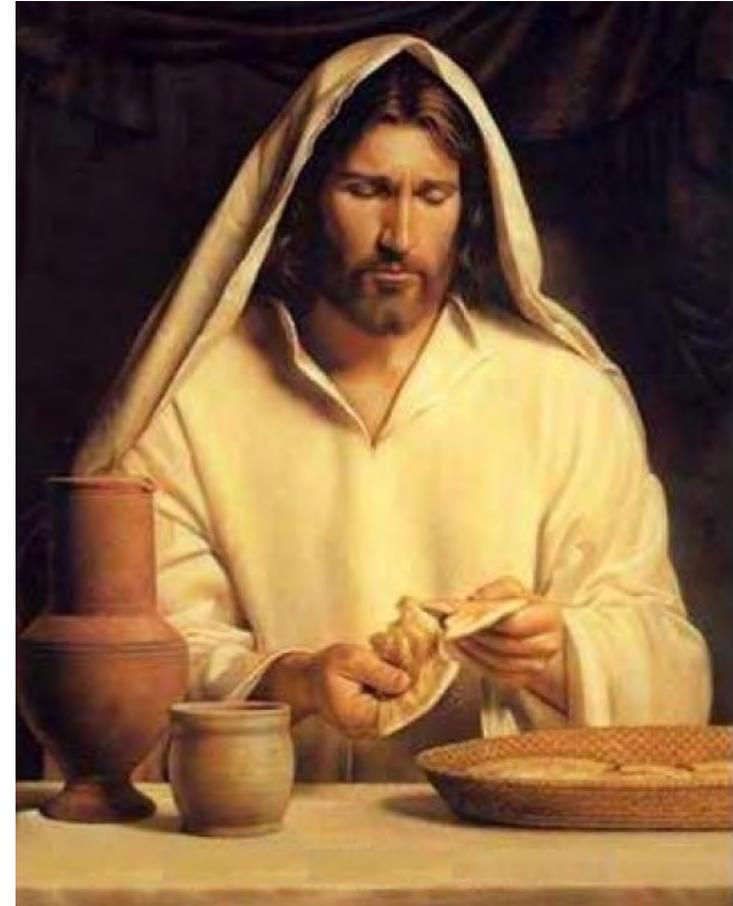




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In the time of the Romans, the top symbolism in the story of bread occurs: Jesus Christ is born in Bethlehem (which in Hebrew means "**The house of bread**") and the Gospel tells us that He is the **bread of life**.

He multiplies **the loaves** and the fishes and, in the last supper, transforms **His Body into bread** and teaches us to pray asking for **Our Daily Bread**





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In addition, bread has also had - and continues to have - an essential role in many other religions, in most popular festivals, in culture, in folklore; and, of course, in a large number of meals and family celebrations across the planet



“Bread of the dead” offering - Mexico



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Bread is the only food that accompanies us daily at the table from the beginning to the end.

And it is that bread has a basic quality, which stands out above most food products and makes it a fundamental ally of any diet: even if we eat bread several times a day, every day of the year, we never tire of eating it





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For all these reasons, FAO (the Food and Agriculture Organization of the United Nations) did not hesitate to choose for its logo a wheat spike with the motto FIAT PANIS (Let Bread be made).

And so, wheat - and its main transformation, the bread - represent the goal of FAO: "For a world without hunger"





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CHAPTER 2. THE BAKERS





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What can we say about those responsible for the fact that during 6,000 years bread has arrived freshly cooked each day in our homes?





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From Egypt, 6,000 years of bread with the same process



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The Egyptians are considered the forerunners of the baking industry, as they discovered that the fermented dough produced a lighter and larger volume bread. In addition, they invented the first kilns







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During the third millennium BC the Egyptians used wheat to make bread and also to make beer.

Each brewery made a variety of breads to produce different types of beer





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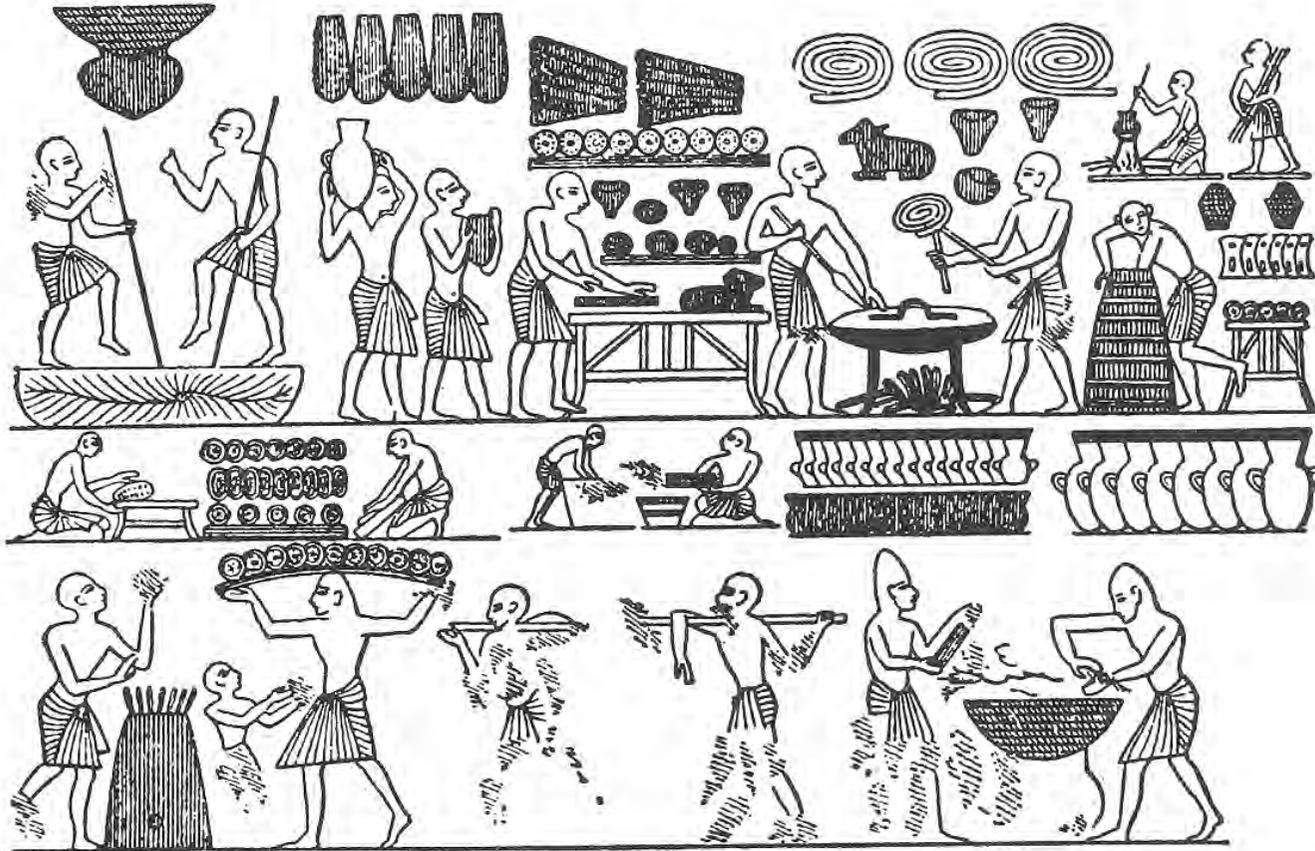
The Egyptians made bread by applying a technique that they led to the highest perfection



Figures of servants in Ancient Egypt, Museum of Bread Culture Collection



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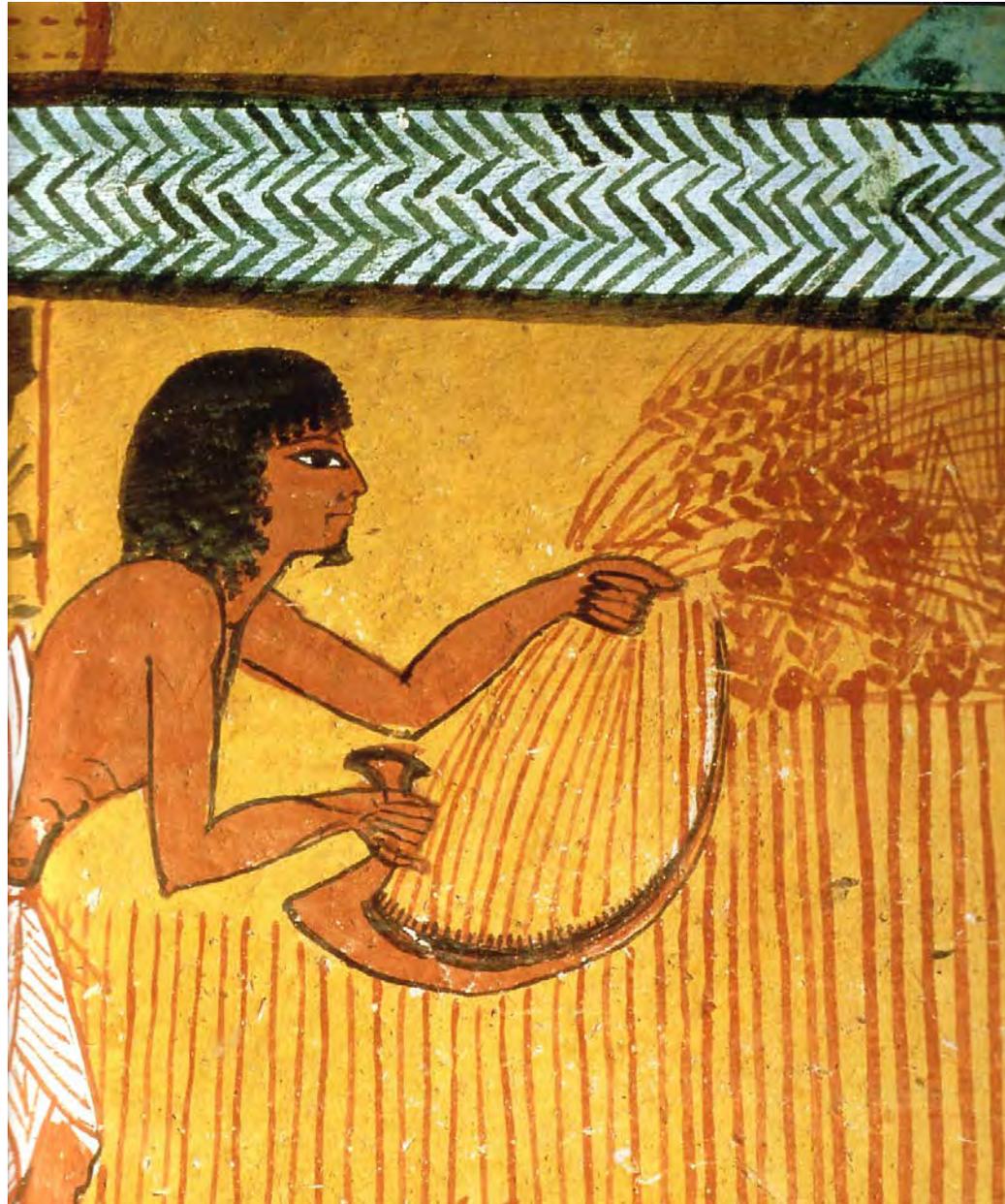


The Bakery of Pharaoh Ramses III, Year 1175 BC



Bread of the Pharaohs

Tomb in Thebes
1,400 BC





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A common form of Egyptian bread, revealed by findings in ancient monuments or found in excavated tombs, is a small round bread like a muffin or an elongated bun, whose top is sprinkled of seeds like modern Vienna bread





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And the Greeks?
Once the Greek people adopted bread, they perfected it quickly, and did the same with the ovens.



BAKING PROCESS IN CLASSIC GREECE

In the lowlands of middle Greece, the „Boeotien“ people attributed the processing of bread to the women. We can here see the crashing of the cereals, the kneading of the dough, the baking and the selling of the bread. Also these objects are servant models for a tomb



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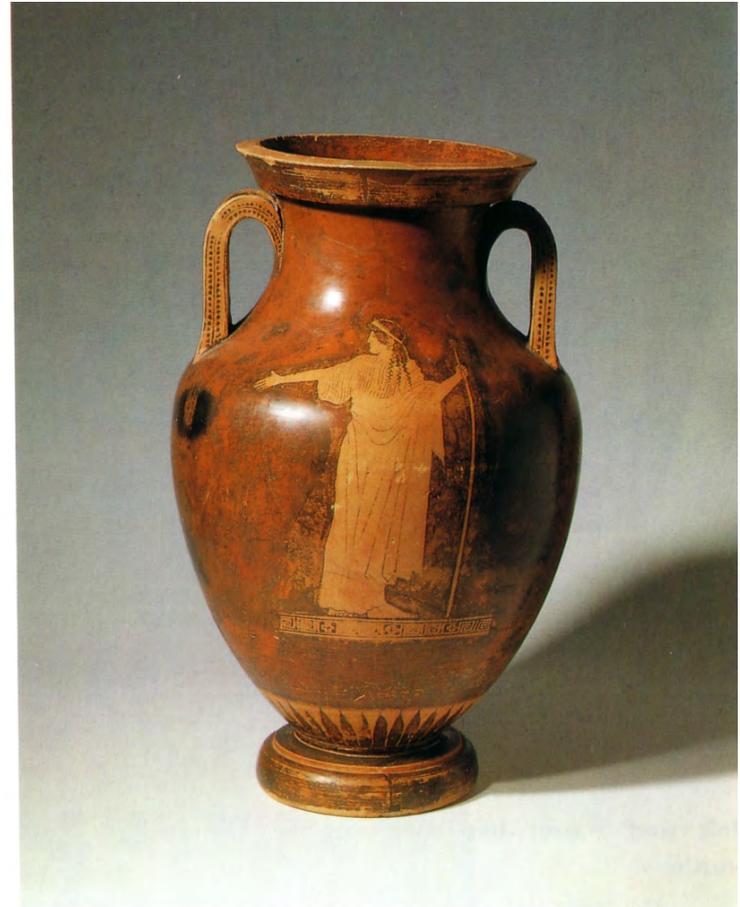
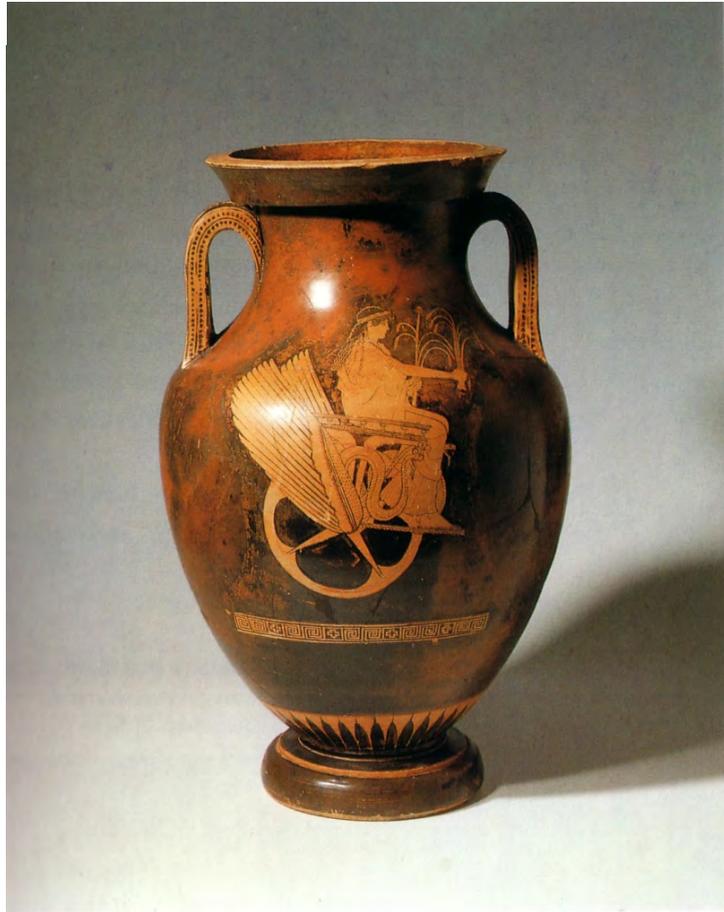
They made bread with and without yeast, with mixtures of flour, with spices; and probably they were also the initiators of confectionery, that they led to a true art: they used flour from wheat, oats and barley mixed with honey, spices, oils and nuts.

Until shortly before the arrival of the Romans it is estimated that they made more than seventy kinds of bread and cakes.





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Amphora of Ancient Greece showing Triptolemo and Demetrio
Year 470 BC, Museum of Bread Culture Collection



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The Romans continued to eat cereals in the form of porridges until quite advanced times when they adopted the system of making bread from the Greeks



Bread of the Roman gladiators



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Under the Emperor Augustus, in the year 30 BC, Rome already had more than 300 bakeries run by Greeks, who at that time were the best bakers.

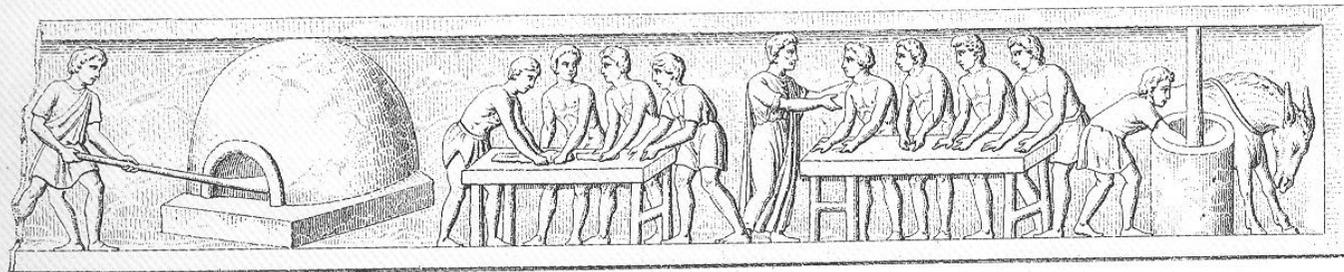
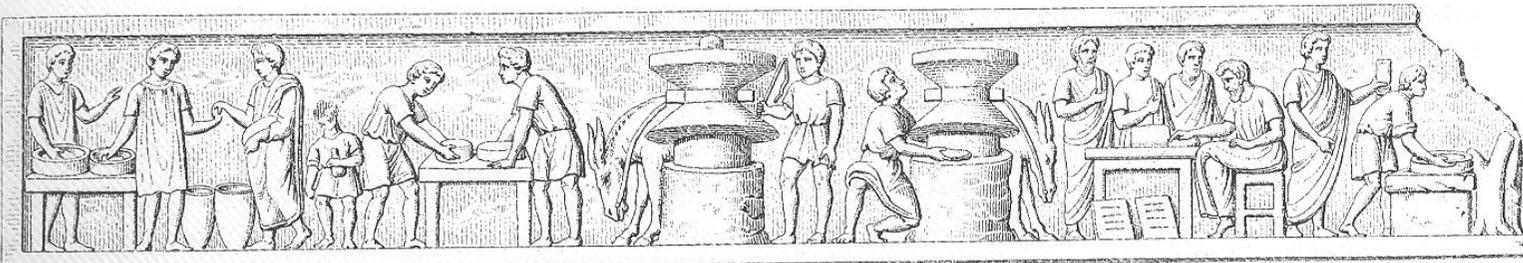
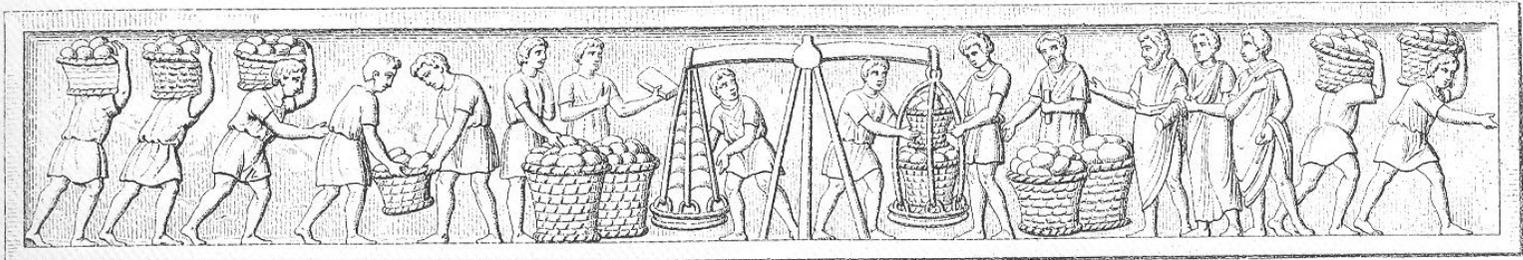
The grinding and cooking were done in the same place, being large-capacity establishments that supplied both the civilian population and the State institutions, including the army



Bakery in Rome, Year 50 BC, Museum of Bread Culture Collection



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BAKING PROCESS IN ANCIENT ROME



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It should be noted that the Roman bread was not of good quality because it was too compact and hard. They made several kinds of bread according to the quality of the flour.

For the soldiers a special bread called panis nauticus or panis militaris was made that, for obvious reasons, should last a long time



Oven in Ancient Rome



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In Rome, around AD 100, the emperor Trajan founded a bakers' college that strictly regulated the profession; this was inherited from parents to children and its exercise was mandatory.

However, the bakers were exempt from any other service other than making bread





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This tells us to what extent the rulers feared the public disorder created by the lack of bread; thus, the Latin poet Juvenal, in his famous satire, emphasizes that the Romans only needed two things, bread and circus (panem et circenses)





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Ever since bread was made, white was more appreciated than black. It was made with the best white flour to offer to temples and also to offer to guests at banquets.

On the other hand, the brown bread, made of whole flour mixed with other flours, was eaten by the poor and the slaves

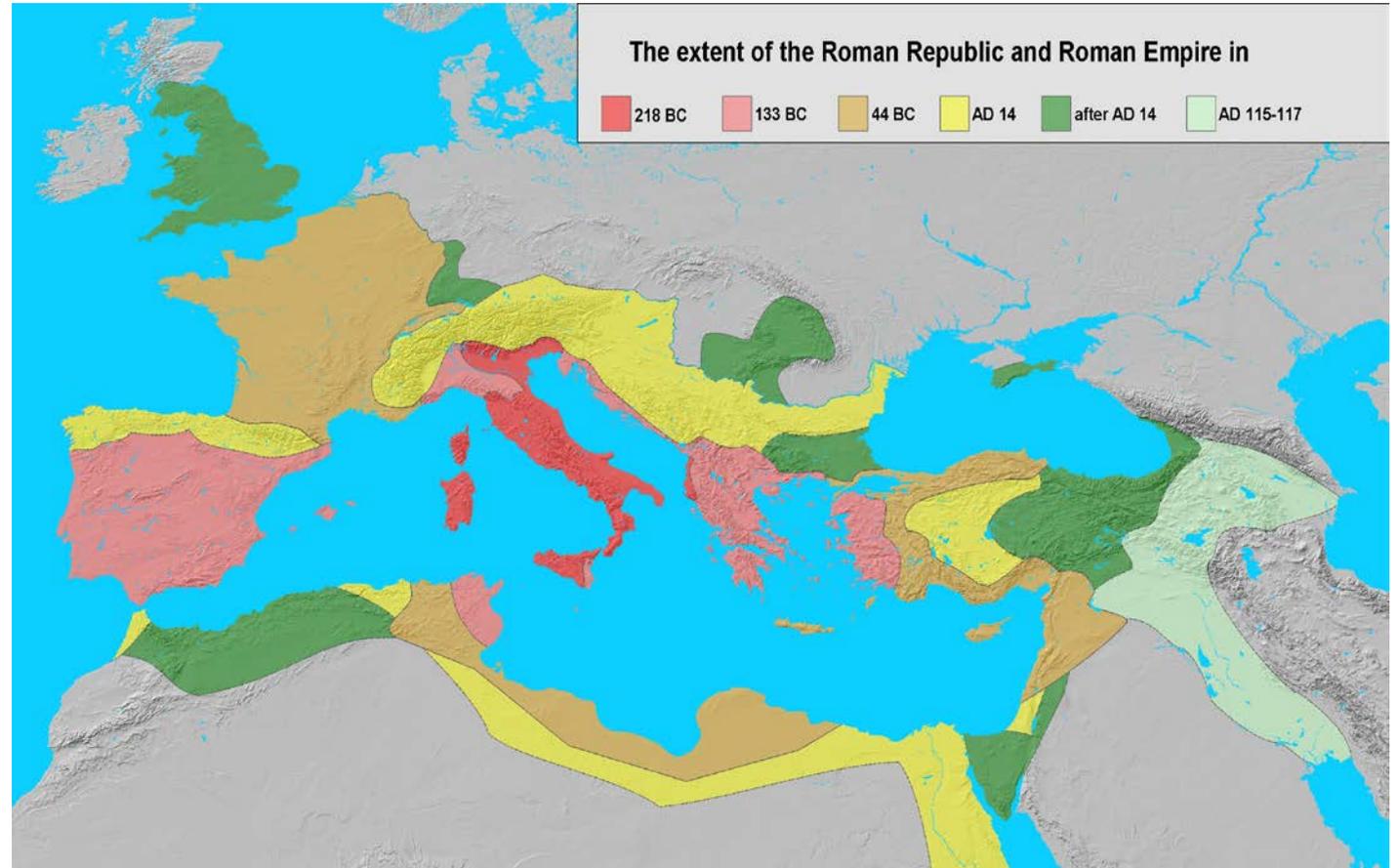


Family meal in Ancient Rome



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Thanks to the Romans,
bread was gradually
spreading throughout
Europe and the
Mediterranean basin





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In the rest of what is now Europe,
the first bakers appeared in the
cities and in a short time they
came to constitute a profession





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Berckheyde, The Baker, 1681

Museum of Bread Culture Collection





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Since bread was the basic food, it is not surprising that governments and authorities regulated its production and distribution as had already happened in Rome





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THE BAKERY GUILDS

From the 12th century, bakers began to organize themselves into guilds. One of the first was that of the London bakers





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And so, until today, when, as we are going to see, there are bakeries that could be fresh out of the Neolithic, or from Egypt, coexisting with others that really do look like the 21st century





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Currently, the International Union of Bakers and Confectioners (UIBC) brings together industry professionals from more than 40 countries in the 5 continents





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In 2001, the International Union of Bakers and Confectioners (UIBC) agreed to celebrate the World Day of Bread every October 16th



world day of bread
16th october





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CHAPTER 3. THE MILLS







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In the Neolithic, man
crushed the wheat
between rocks or stones
to obtain flour

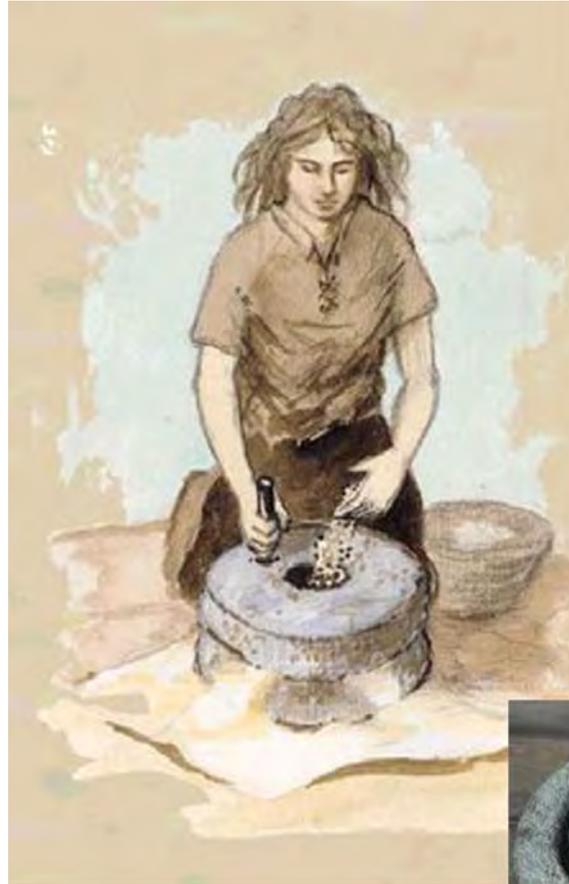


Figure of a servant grinding the grain, 2500 - 2000 BC
Museum of Fine Arts - Boston



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Then came the hand mill
(4,000 BC)



HAND MILL
MOLINO DE
MANO





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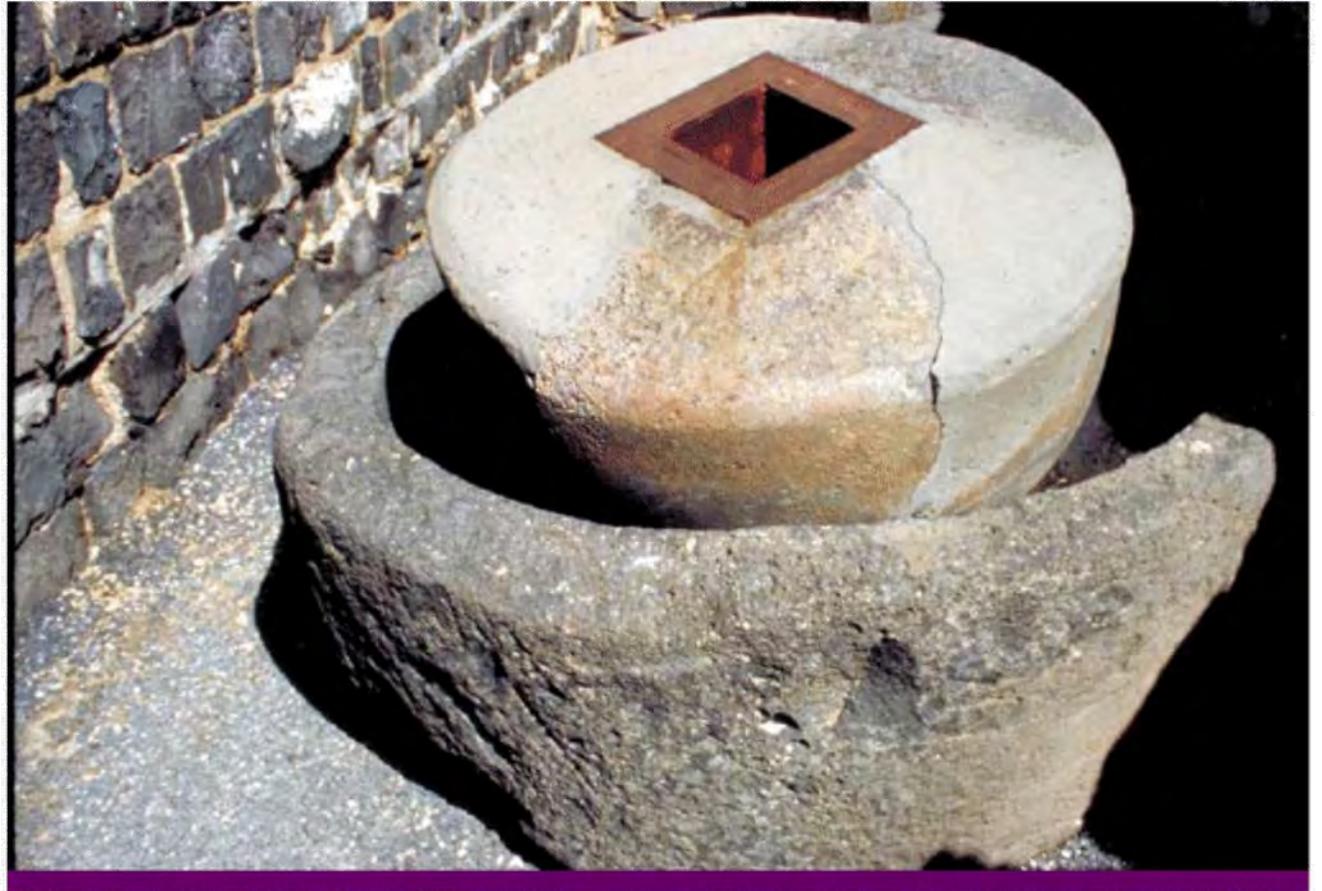
Next (2,000 BC),
the two rotating
stones moved by
slaves or animals





Request for Bread to be considered as World Intangible Cultural Heritage

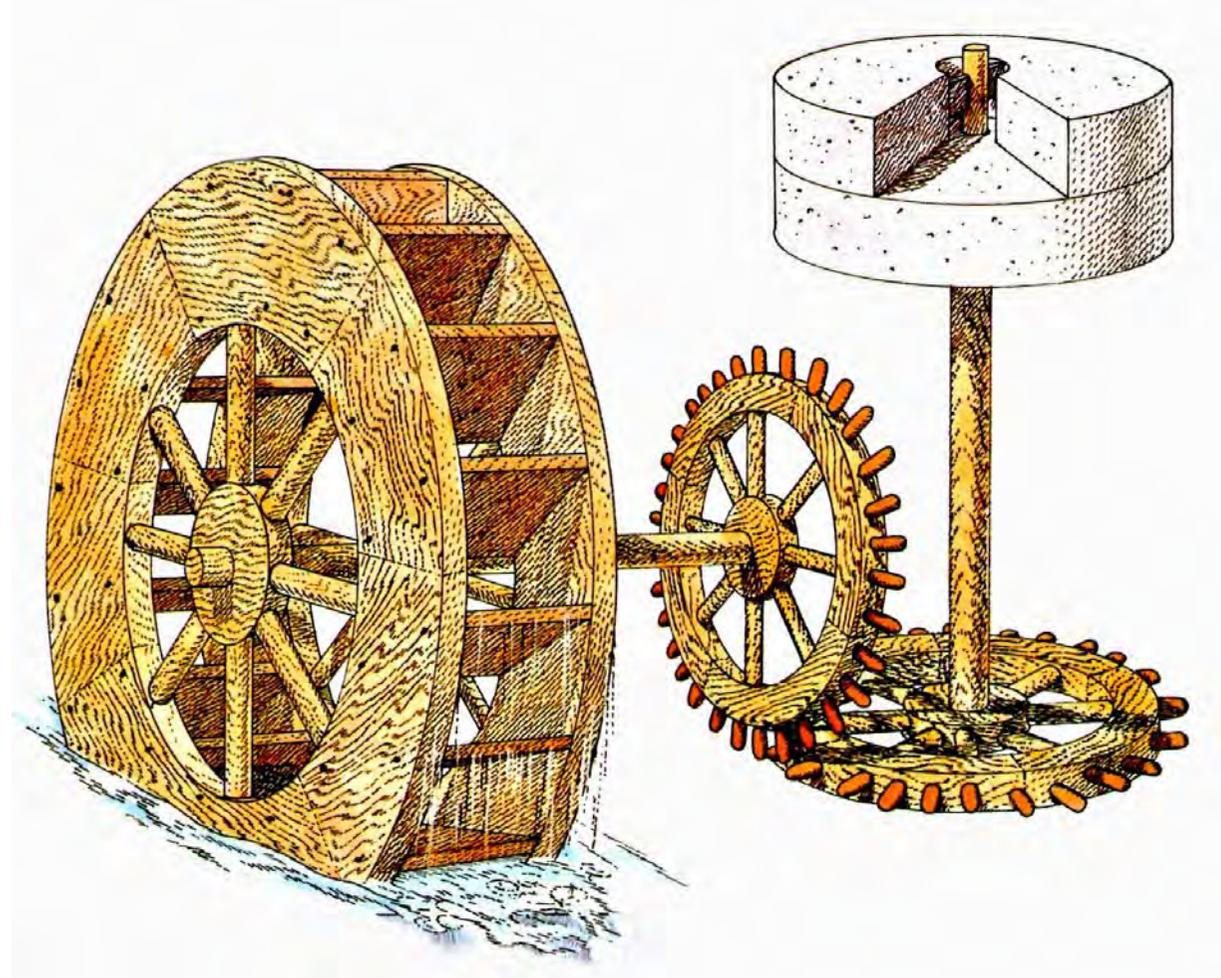
The Greeks introduced the single-wheel mills around 500 BC





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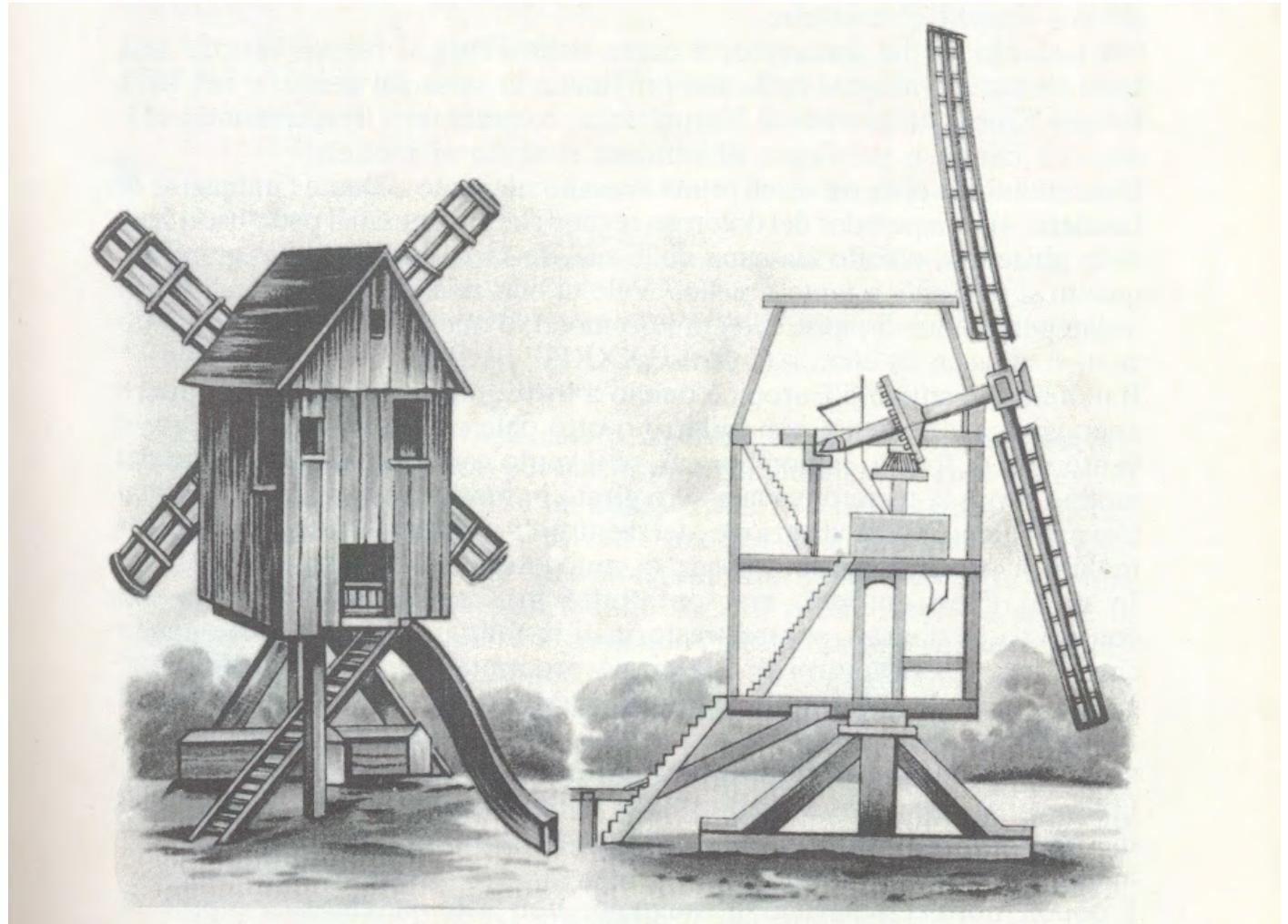
Some 200 years later they are replaced by the Roman water wheels, with several stones





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Since 600 AD,
windmills were used
as force motors, being
replaced by the steam
engine around the
year 1800





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At the end of the 19th century, metal rollers replaced millstones





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And although the ancient Egyptians could produce relatively fine flour, it was not until the introduction of the steel rollers in 1881, that white flour could begin to be commercialized as we know it





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CHAPTER 4. BREAD IN THE WORLD





Request for Bread to be considered as World Intangible Cultural Heritage

Bread has been and still is the staple food of most civilizations.

In addition, it has influenced economic conjunctures, provoked wars and revolutions, constituted a symbol in several religions, ...









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CHAPTER 5. BREAD IS HEALTH





We are so used to bread that most people, when they eat it, do not give it any importance; even though it is a natural, balanced, healthy food that contains fibre and a large amount of the essential nutrients we need to live (carbohydrates, proteins, vitamins A, B1, B2, Niacin, Folic Acid, ... -; minerals such as Calcium, Magnesium, Phosphorus, Iodine, Iron and Zinc, among others)

PAN NORMAL WHITE BREAD

Composición por 100 g.
de porción comestible

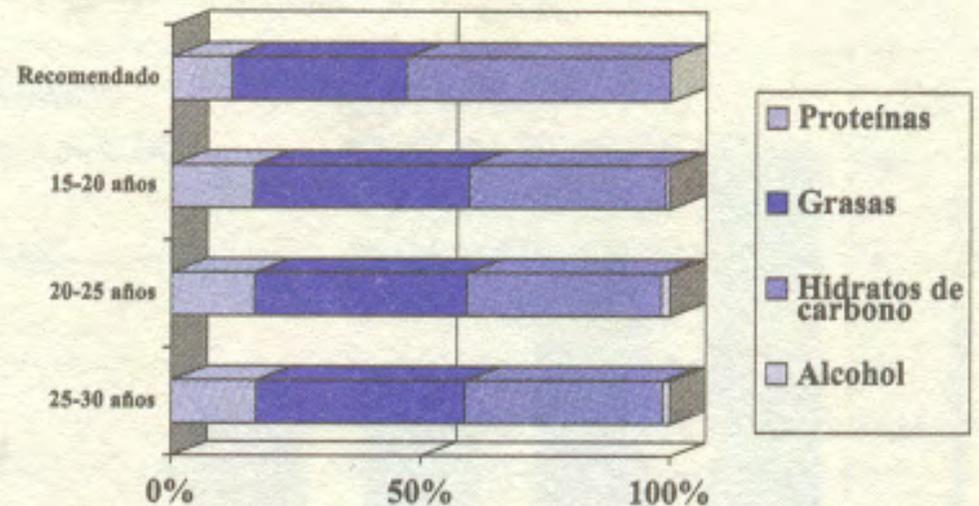
Agua	34.6	g
Energía	244	kcal
Energía	1021	kJ
Nitrógeno total	1.46	g
Nitrógeno proteico	1.44	g
Hidratos de carbono	51.5	g
Lípidos totales	1.6	g
Ácidos grasos saturados	0.39	g
Ácidos grasos monoinsaturados	0.28	g
Ácidos grasos poliinsaturados	0.34	g
Colesterol	0	mg
Fibra	3.5	g
Calcio	56.0	mg
Magnesio	25.1	mg
Hierro	1.6	mg
Iodo	4.7	mcg
Zinc	0.61	mg
Vitamina B1 (tiamina)	0.08	mg
Vitamina B2 (riboflavina)	0.05	mg
Niacina (ácido nicotínico)	1.7	mg
Acido fólico	0	mcg
Vitamina B12 (cianocobalamina)	0	mcg
Vitamina B6 (piridoxina)	0.06	mg
Vitamina C (ácido ascórbico)	0	mg
Vitamina A (equivalentes de retinol)	0	mcg
Vitamina D3	0	mcg
Vitamina E	Tr	mg



On the other hand, despite its reputation for fattening, bread contains almost no fat; its cholesterol content is zero and not only does it not cause digestive disorders, but, depending on its percentage in fibre, helps regulate intestinal transit and prevent colon cancer

CALORIC DIET PROFILE

Figura 6.-Perfil calórico de la dieta





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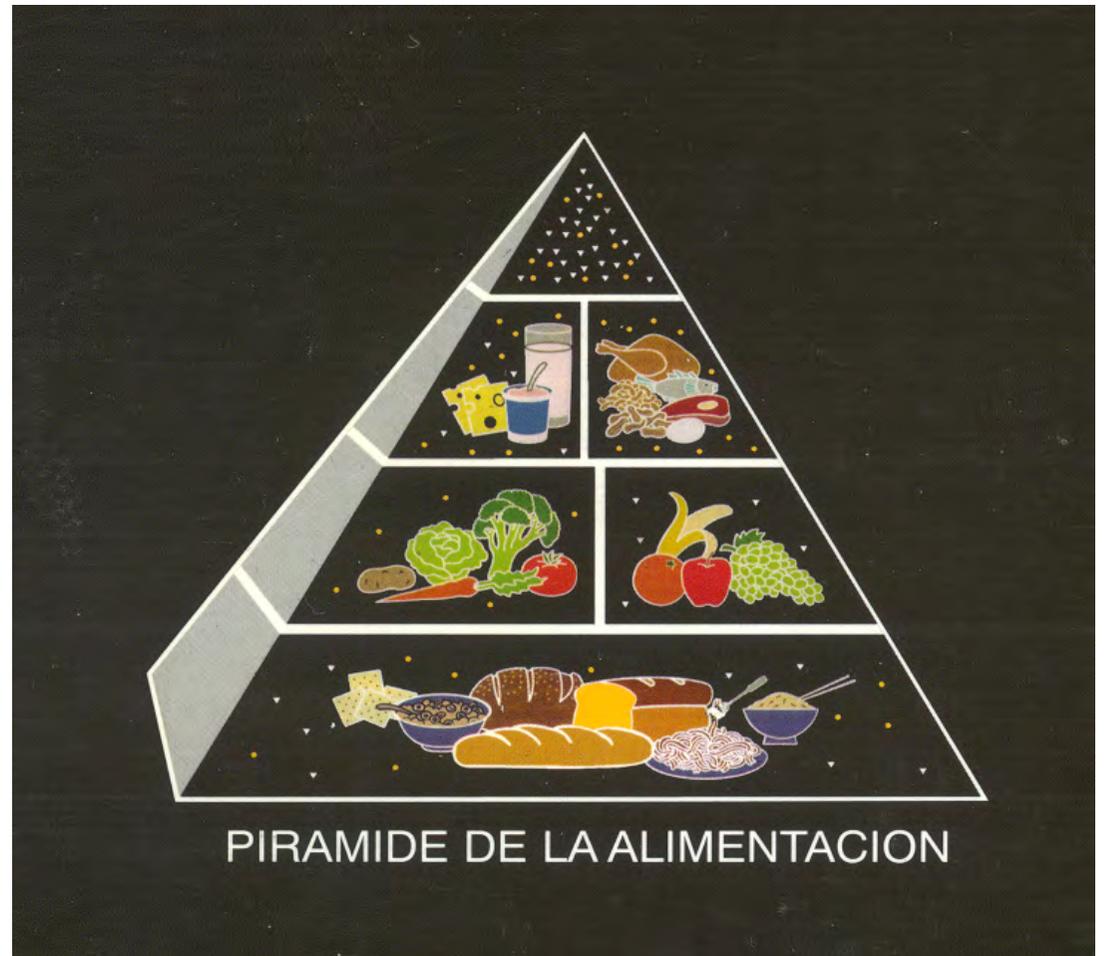
Likewise, it is especially indicated by cardiologists as an essential component of a heart-healthy diet; its consumption helps to reduce the percentage of urea in the blood, to strengthen the nervous system due to vitamin B1 and, obviously, to strengthen the muscles, making it a very suitable food for athletes, children and people of the third age





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However, recently, more and more people are forgetting what bread has always meant for feeding humanity and are replacing its consumption by other foods whose health benefits have not yet been tested, without realizing that the enormously beneficial impact of bread consumption on human health has already been proven for more than 9,000 years





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There are numerous scientific studies, such as the CARMEN Project of the European Union, which show that you can go on a diet to lose weight in a much healthier way by using a high content of carbohydrates. Simply put, you may lose weight by eating bread.

Actually, when someone is very thin, the popular Spanish saying is: “He seems to be on bread and water”



EL PAN TE AYUDA A ASIMILAR EL RESTO DE LOS ALIMENTOS.

BREAD HELPS YOU ASSIMILATE THE REST OF THE FOOD



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PYRAMID OF THE
NAOS STRATEGY (SPAIN)
(Nutrition, Physical
Activity and Prevention
of Obesity)





Request for Bread to be considered as World Intangible Cultural Heritage

CHAPTER 6. BREAD IN CULTURE





Request for Bread to be considered as World Intangible Cultural Heritage

Bread permeates an important part of our culture, folklore, myths, customs, rituals ...; and, of course, our gastronomy





Request for Bread to be considered as World Intangible Cultural Heritage

It has always been present in many of the most important ceremonies celebrated by human beings (weddings, funerals, banquets, family meals...)





Request for Bread to be considered as World Intangible Cultural Heritage

No matter they are anonymous people or the greatest celebrities





Request for Bread to be considered as World Intangible Cultural Heritage

With a very important presence in all kinds of artistic manifestations such as painting



Demonstration (Bread and Work– Antonio Berni (1934)



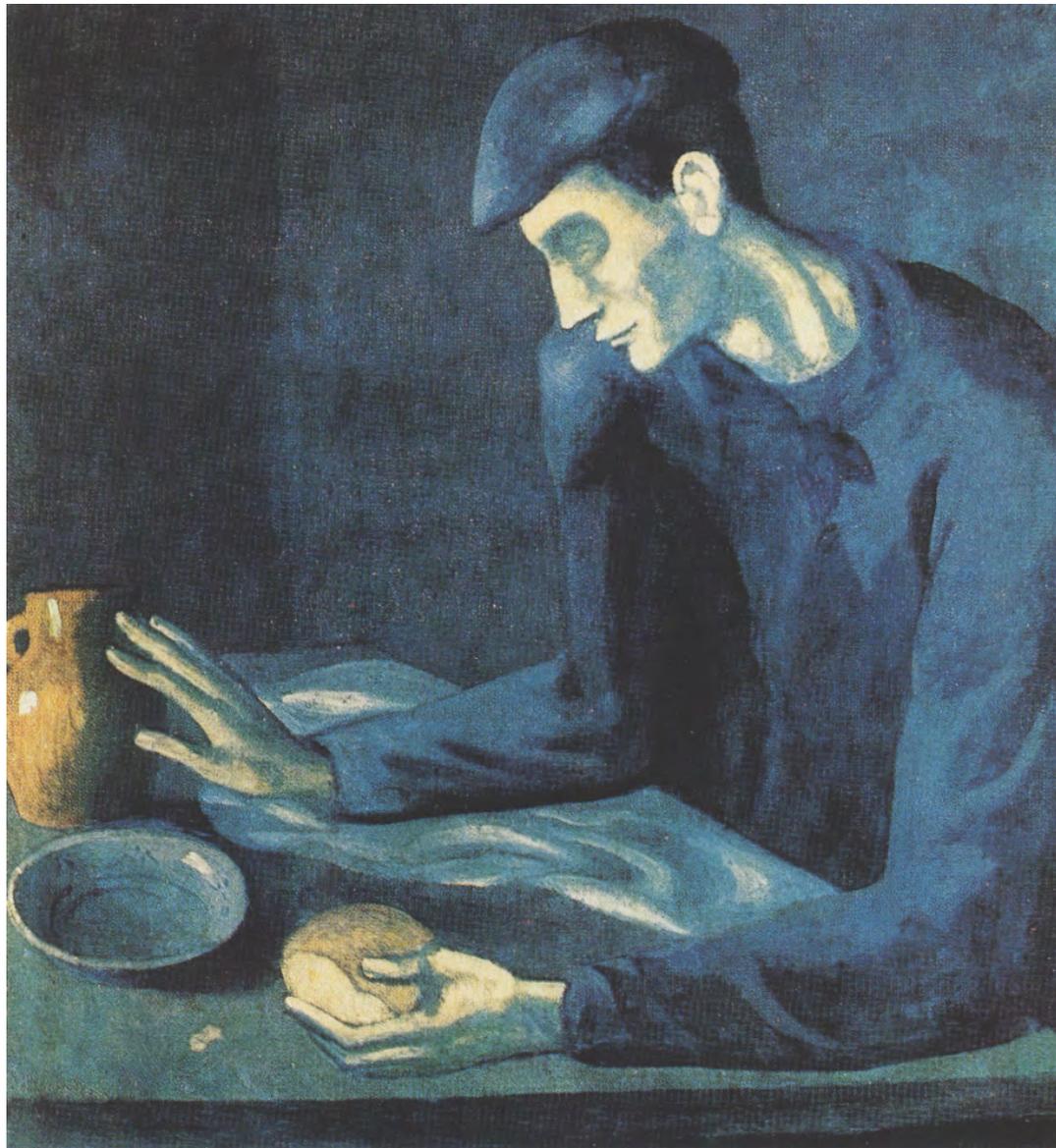
JUAN DE JUANES



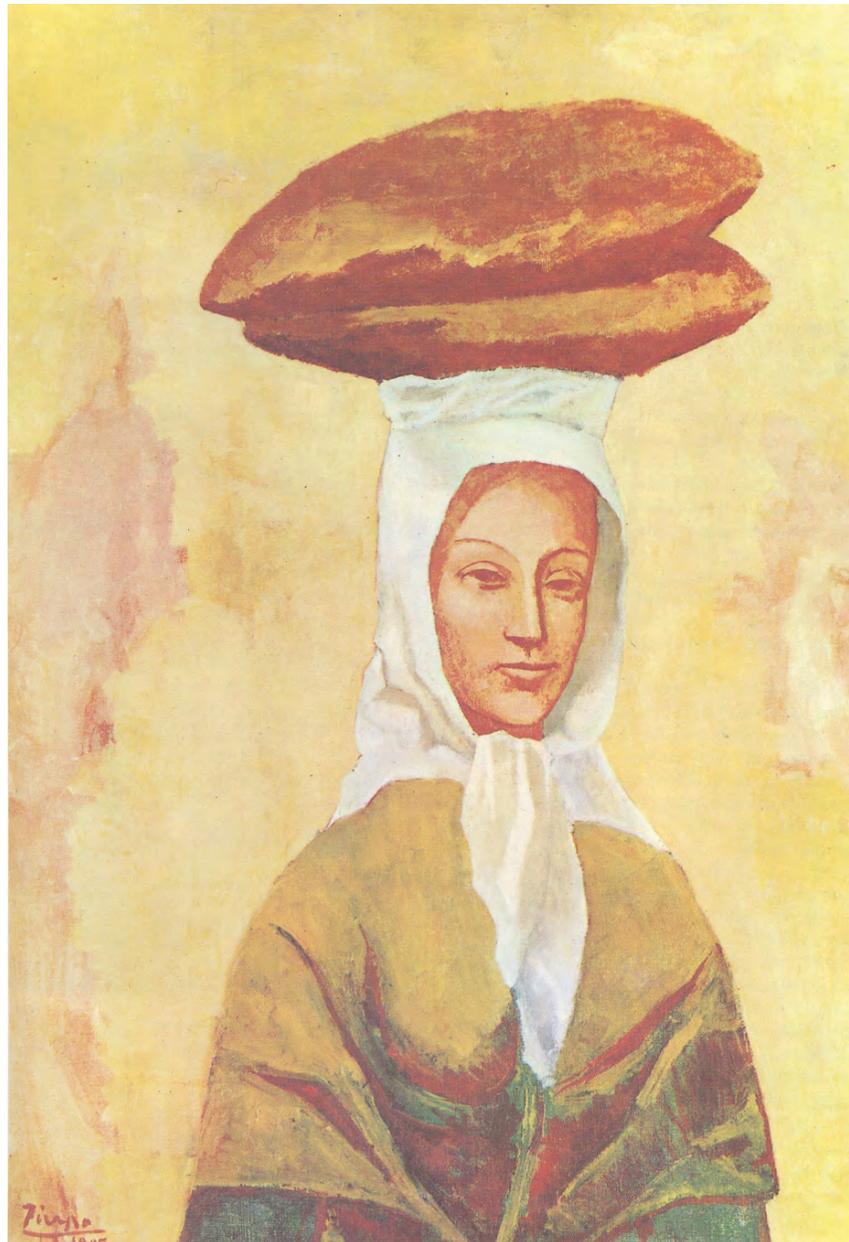
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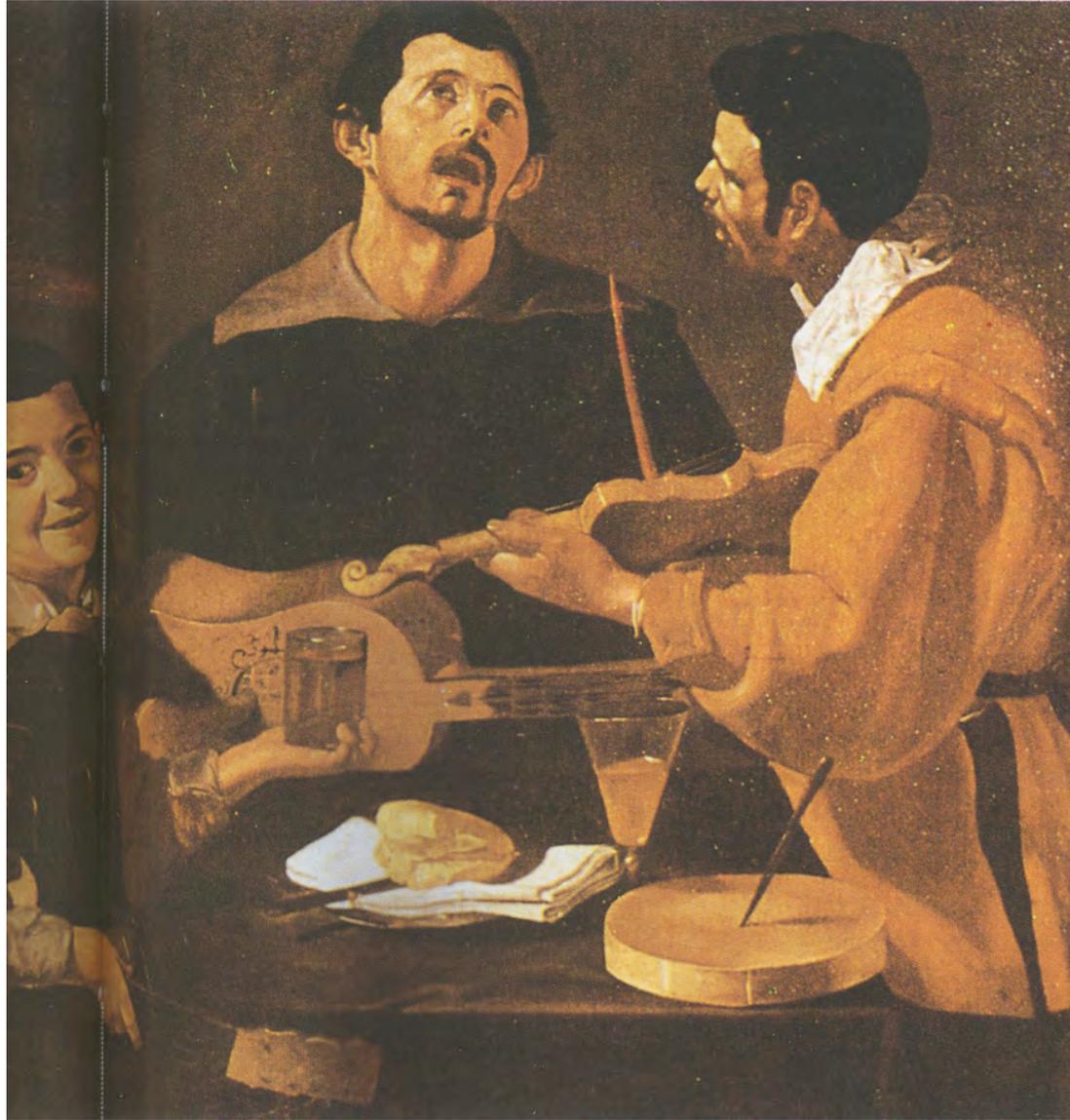
PICASSO



PICASSO



ZURBARÁN



VELAZQUEZ



VELAZQUEZ



Marc Chagall

***Man with one hand
raised 1911***

**Museum of Bread
Culture Colection**





**Master Painter
Anonymous, from
Westphalia**

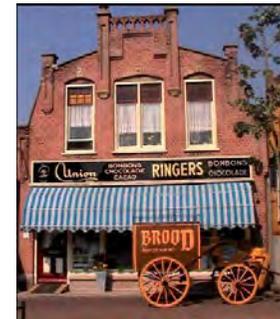
**"The Last Supper",
around 1500 AD**

**Museum of Bread
Culture Collection**





BREAD MUSEUMS IN THE WORLD





Primero **A**limento **N**atural



**El pan... sabe que alimenta.
Que llegue a todos no es tarea de niños.
Que llegue a los niños es tarea de todos**

FIRST NATURAL FOOD

**Bread tastes really good!!
That it reaches everybody is not a child's task
That it reaches all children is everybody's task**