

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)**





## Request for Bread to be considered as World Intangible Cultural Heritage

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

brød   **BRÖD**   хляб   chlieb   كسْطَا   pāo   ቅዱስ   хлеб   **LEIPÄ**  
パン   chléb   חֶלֶם   pain   እንጂራ   pîine   **brood**   наh  
bread   麵   hlaïf:s   χλιθι   ברויט   maize   دُونَا   duona  
ΒΕΚΟΟ   **pan**   रोटी   bukëa   ψωμί   PANIS   leib   𐤀𐤊𐤏  
ㅍᄆᆞᆫ   mkate   chlěb   𐤀𐤊𐤏   pano   ኅብስቲ፡   kenyéř   𐤀𐤊𐤏  
леб   እንጂራ   bánh mi   brauð   хлиб   pane   خُبْز   ὀστρος  
chleb   𑖅𑖇𑖅𑖇𑖅   ЕКМЕК   пѣхъ   **BROT**   aran   kruh   نان





Request for Bread to be considered as World Intangible Cultural Heritage

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





Request for Bread to be considered as World Intangible Cultural Heritage

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







## Request for Bread to be considered as World Intangible Cultural Heritage

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





## Request for Bread to be considered as World Intangible Cultural Heritage

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

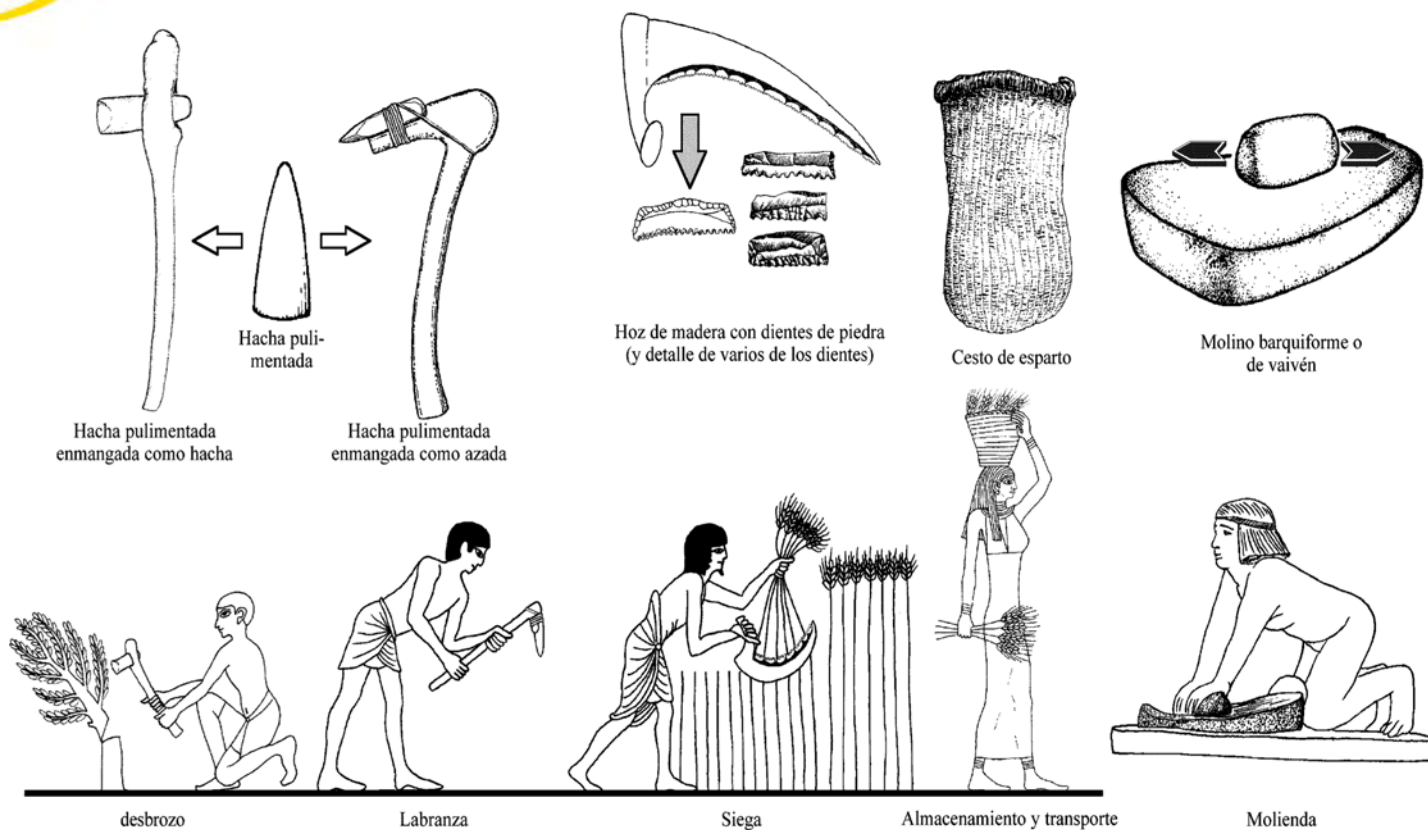
Civilization begins with the cultivation of cereals by Neolithic man.

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

Josema 2000



## 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





Request for Bread to be considered as World Intangible Cultural Heritage



Cereals harvest in Sumeria



Uruk Vase 3,500 – 3,000 BC





## Request for Bread to be considered as World Intangible Cultural Heritage

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





Request for Bread to be considered as World Intangible Cultural Heritage

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





## Request for Bread to be considered as World Intangible Cultural Heritage

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







## Request for Bread to be considered as World Intangible Cultural Heritage

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





## Request for Bread to be considered as World Intangible Cultural Heritage

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







## Request for Bread to be considered as World Intangible Cultural Heritage

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 21<sup>st</sup> century, there are still many places in the world where bread is still being made in the same way.







## Request for Bread to be considered as World Intangible Cultural Heritage

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

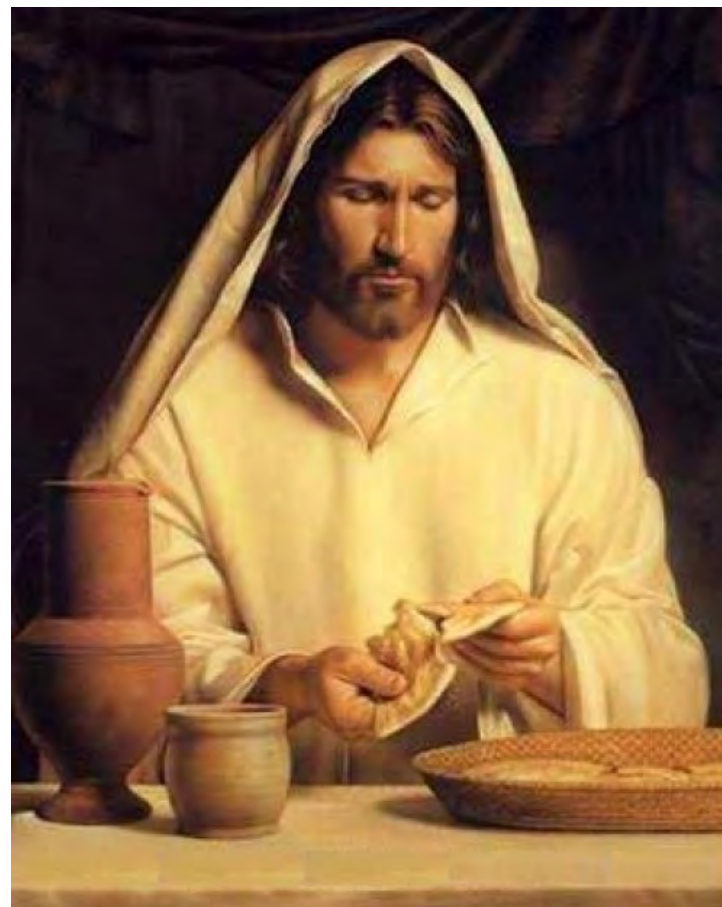




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In the time of the Romans, the top symbolism in the story of bread occurs: Jesus Christ is born in Bethlehem (which in Hebrew means "**The house of bread**") and the Gospel tells us that He is the **bread of life**.

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**





## Request for Bread to be considered as World Intangible Cultural Heritage

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





## Request for Bread to be considered as World Intangible Cultural Heritage

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







Request for Bread to be considered as World Intangible Cultural Heritage

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?





C  
R  
A  
F  
T  
  
B  
R  
E  
A  
D



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



## Request for Bread to be considered as World Intangible Cultural Heritage

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











## Request for Bread to be considered as World Intangible Cultural Heritage

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





Request for Bread to be considered as World Intangible Cultural Heritage



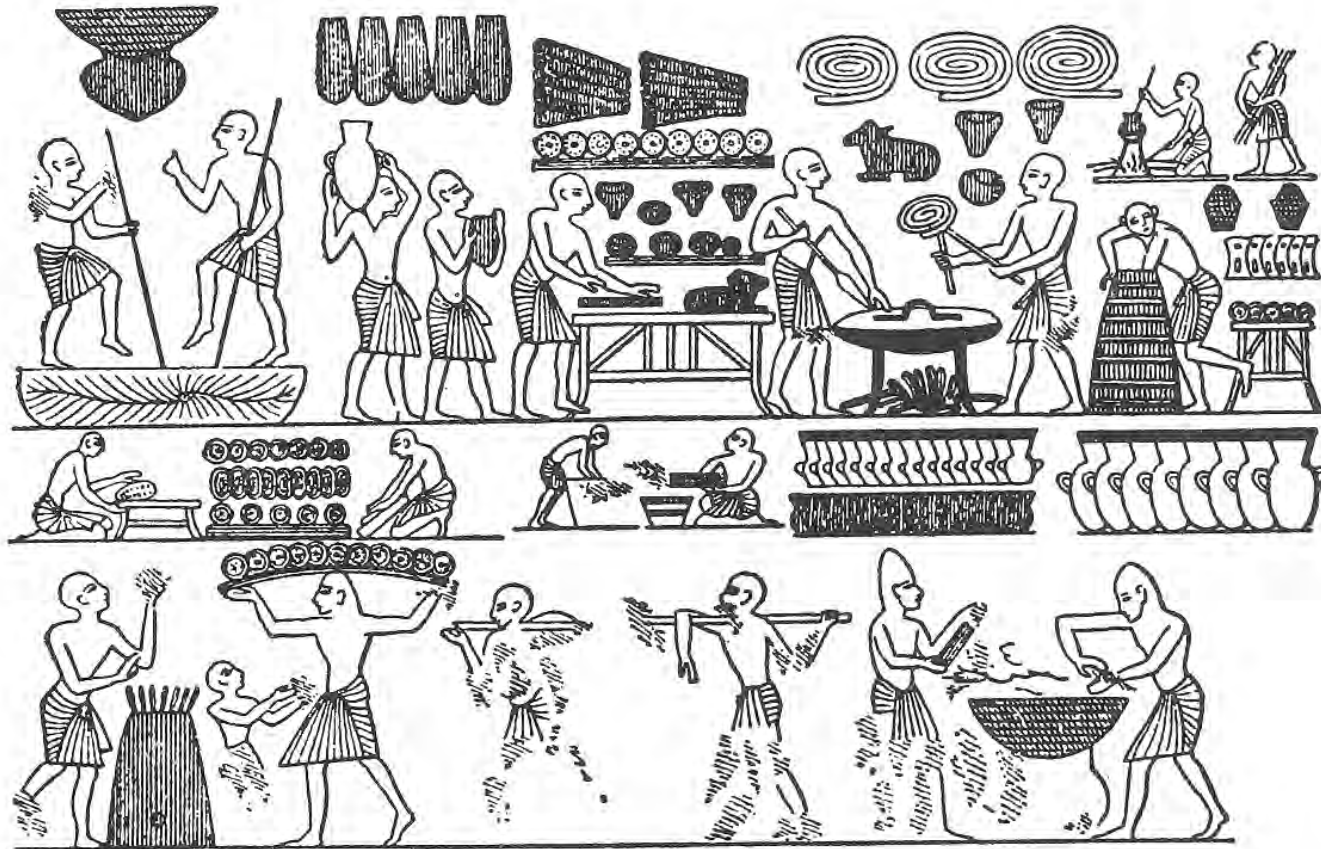




The Egyptians  
made bread by  
applying a  
technique that  
they led to the  
highest perfection



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



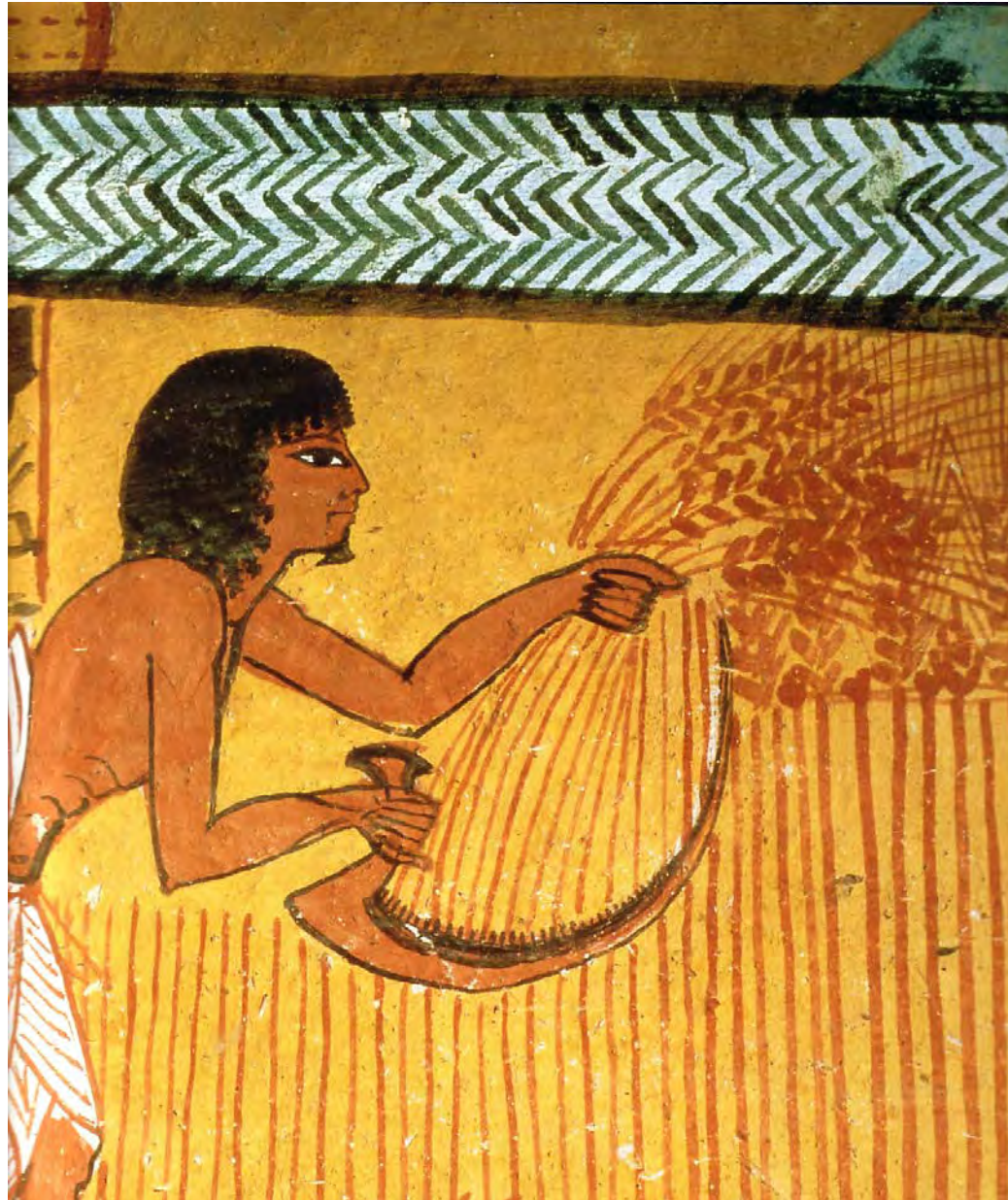
The Bakery of Pharaoh Ramses III, Year 1175 BC





## 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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## Request for Bread to be considered as World Intangible Cultural Heritage

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





## Request for Bread to be considered as World Intangible Cultural Heritage

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





## Request for Bread to be considered as World Intangible Cultural Heritage

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

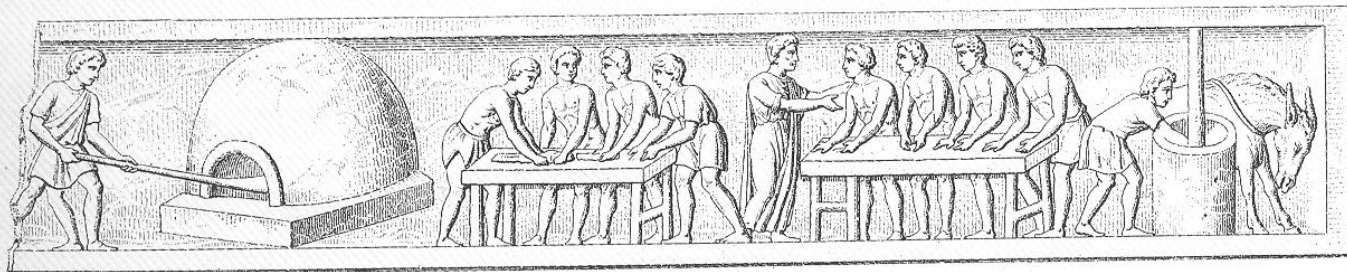
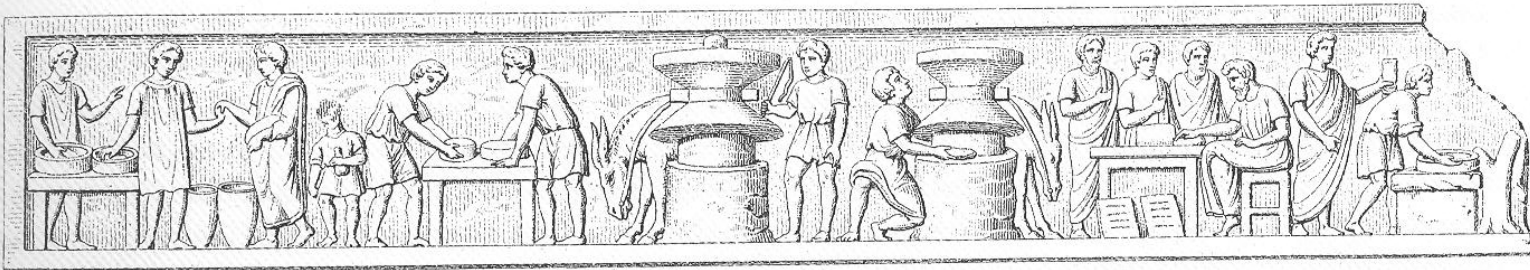
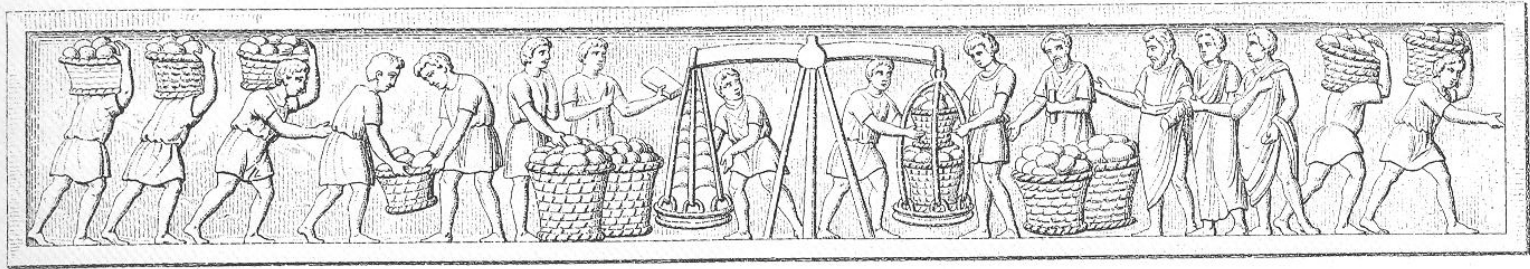


Bakery in Rome, Year 50 BC, Museum of Bread Culture Collection





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BAKING PROCESS IN ANCIENT ROME



## Request for Bread to be considered as World Intangible Cultural Heritage

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





## Request for Bread to be considered as World Intangible Cultural Heritage

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





## Request for Bread to be considered as World Intangible Cultural Heritage

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



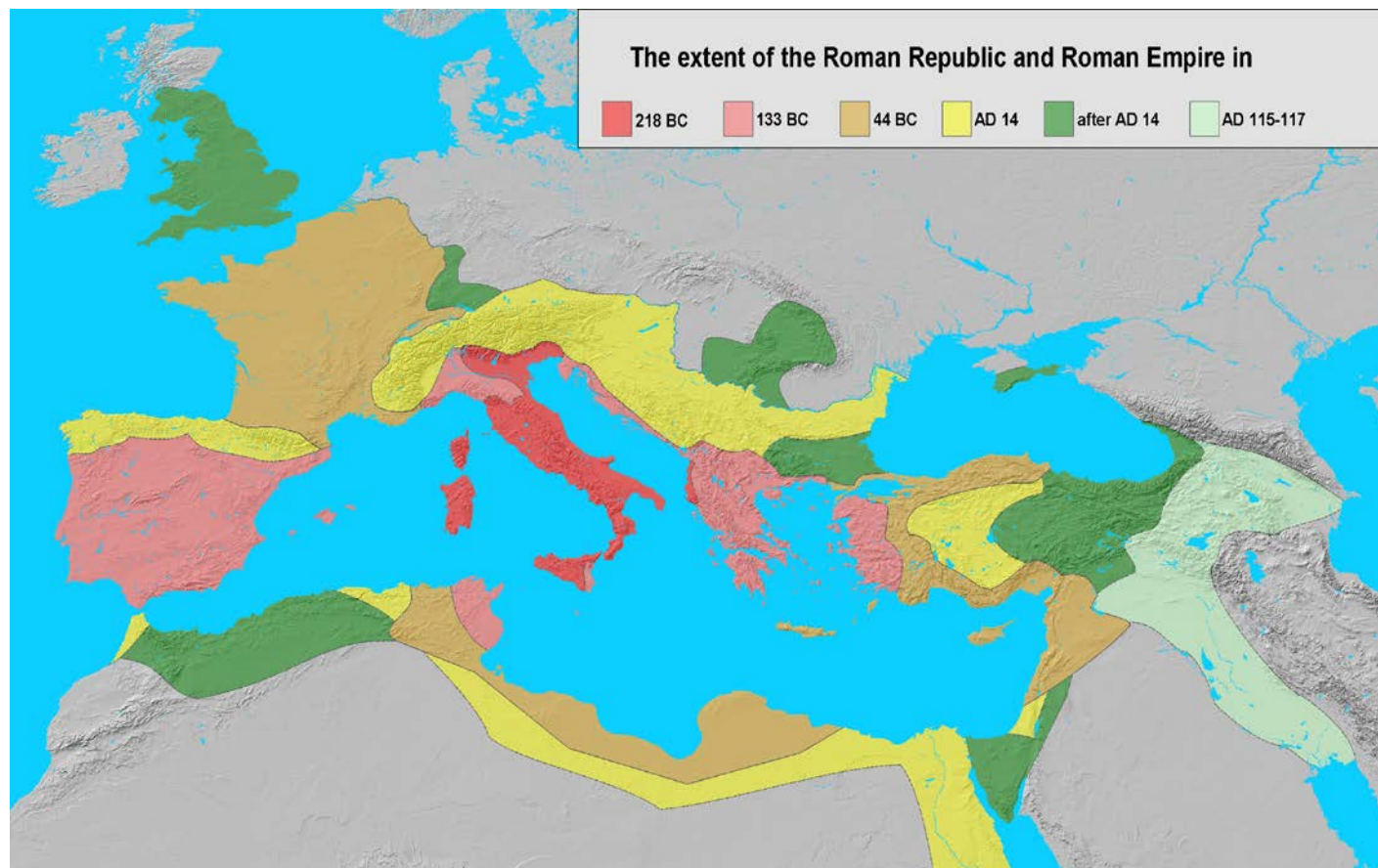
Family meal in Ancient Rome





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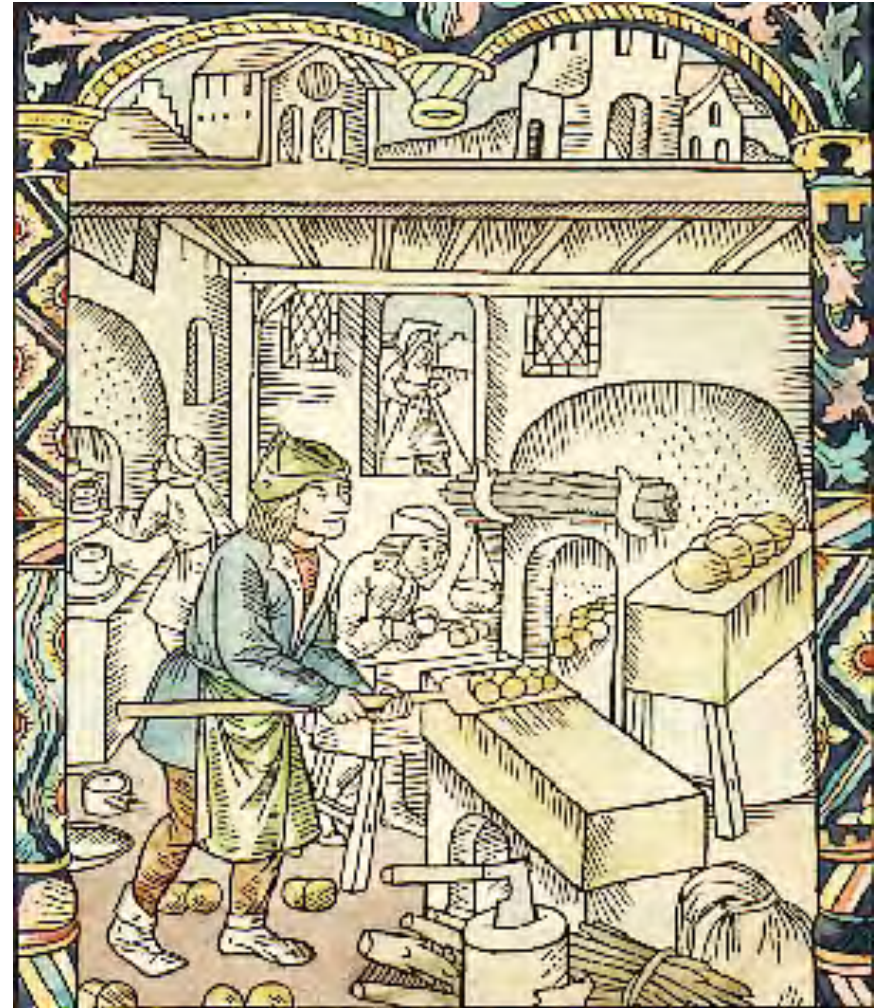
Thanks to the Romans,  
bread was gradually  
spreading throughout  
Europe and the  
Mediterranean basin





Request for Bread to be considered as World Intangible Cultural Heritage

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







Request for Bread to be considered as World Intangible Cultural Heritage

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 12<sup>th</sup> 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 21<sup>st</sup> 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





Request for Bread to be considered as World Intangible Cultural Heritage

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



world day of bread  
16th october







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## CHAPTER 3. THE MILLS









Request for Bread to be considered as World Intangible Cultural Heritage

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





Request for Bread to be considered as World Intangible Cultural Heritage

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

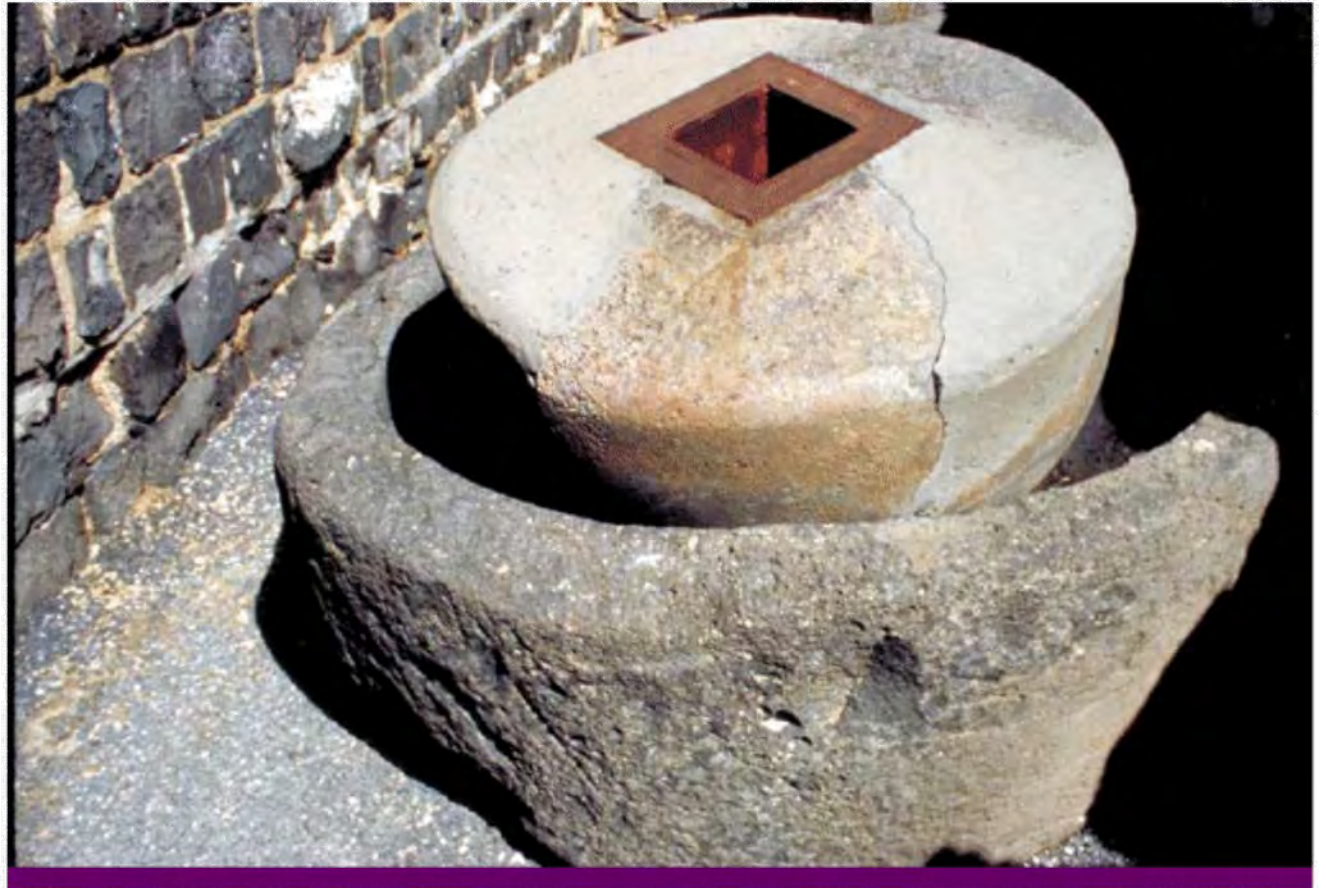






Request for Bread to be considered as World Intangible Cultural Heritage

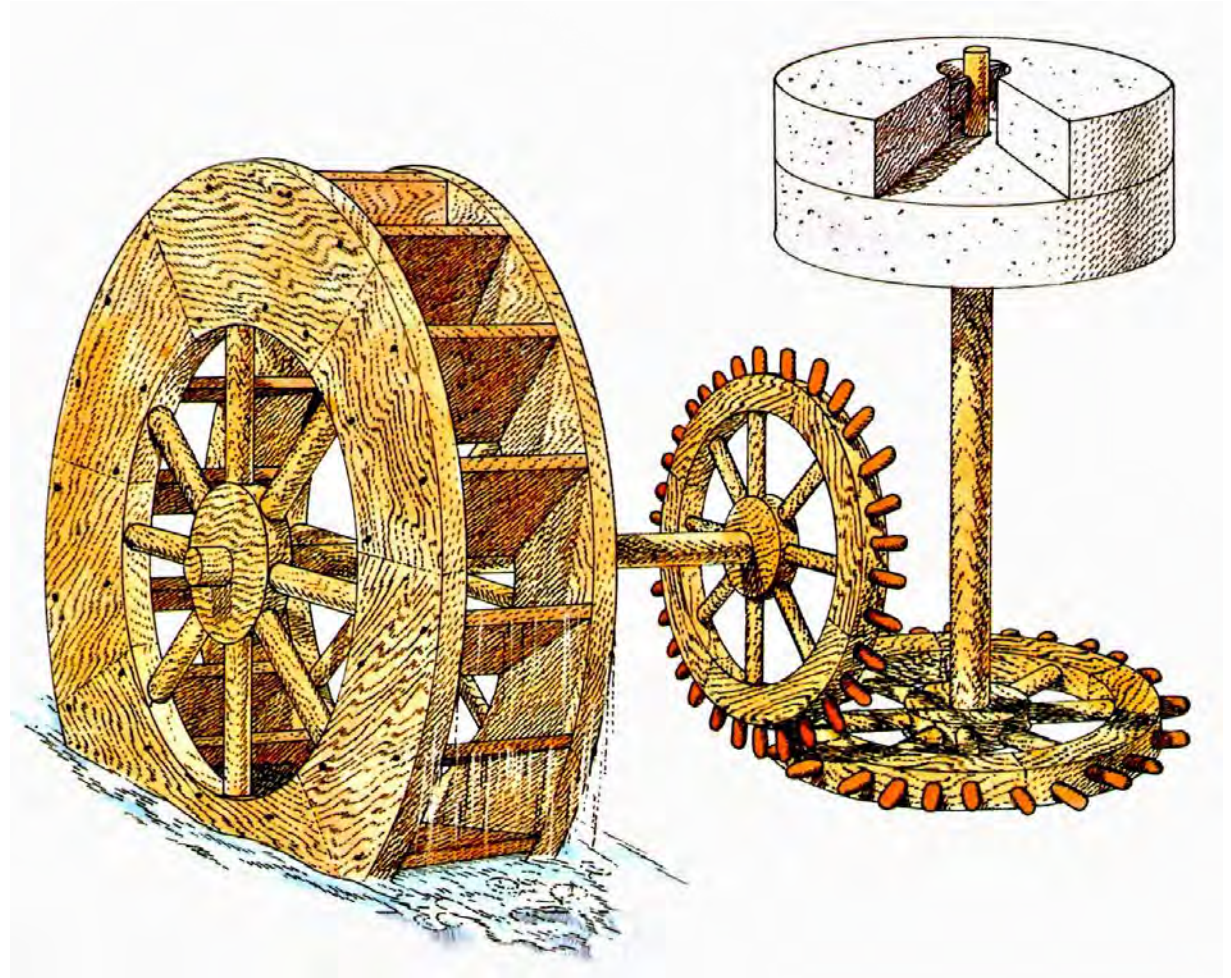
The Greeks introduced  
the single-wheel mills  
around 500 BC





## Request for Bread to be considered as World Intangible Cultural Heritage

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

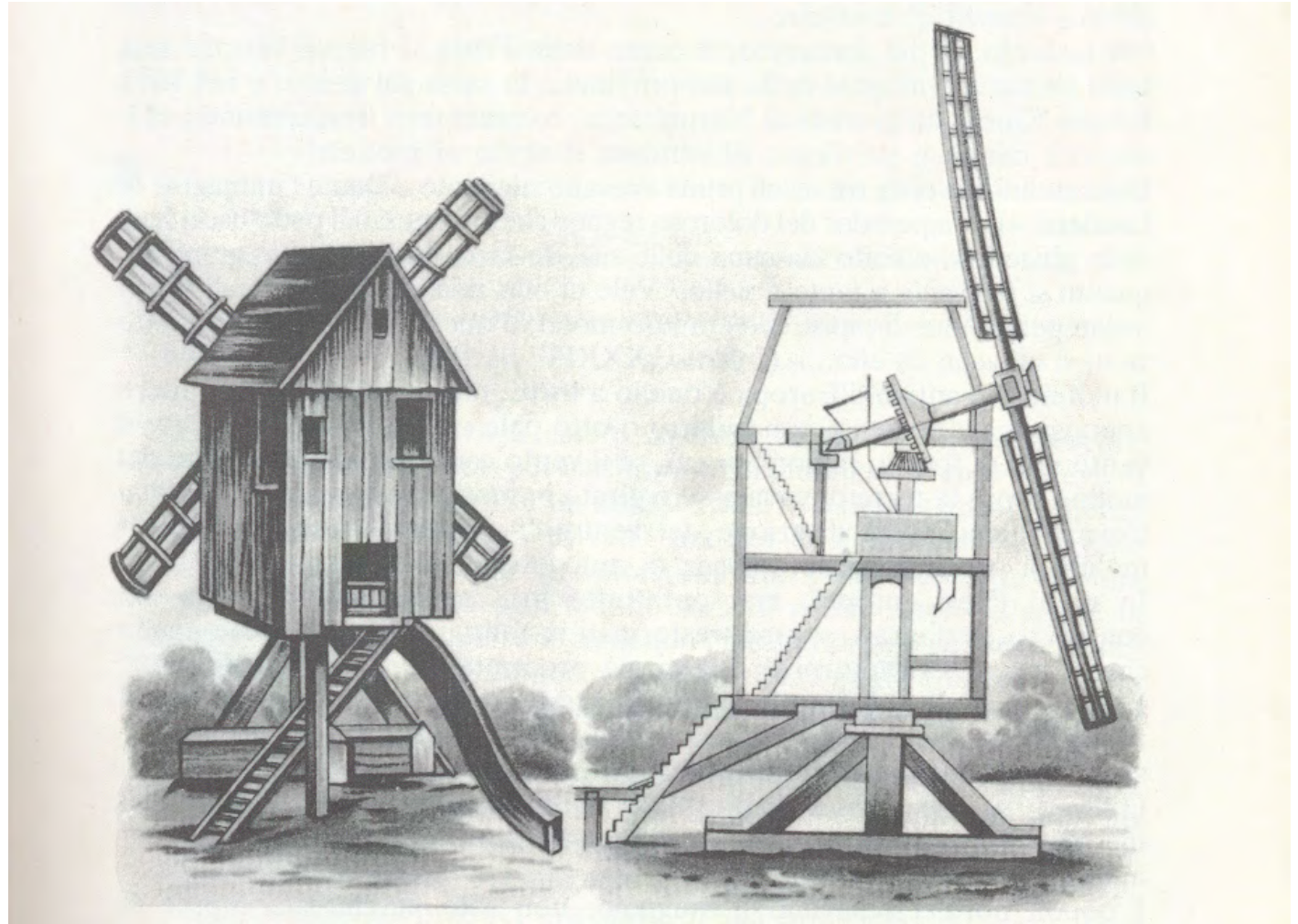






Request for Bread to be considered as World Intangible Cultural Heritage

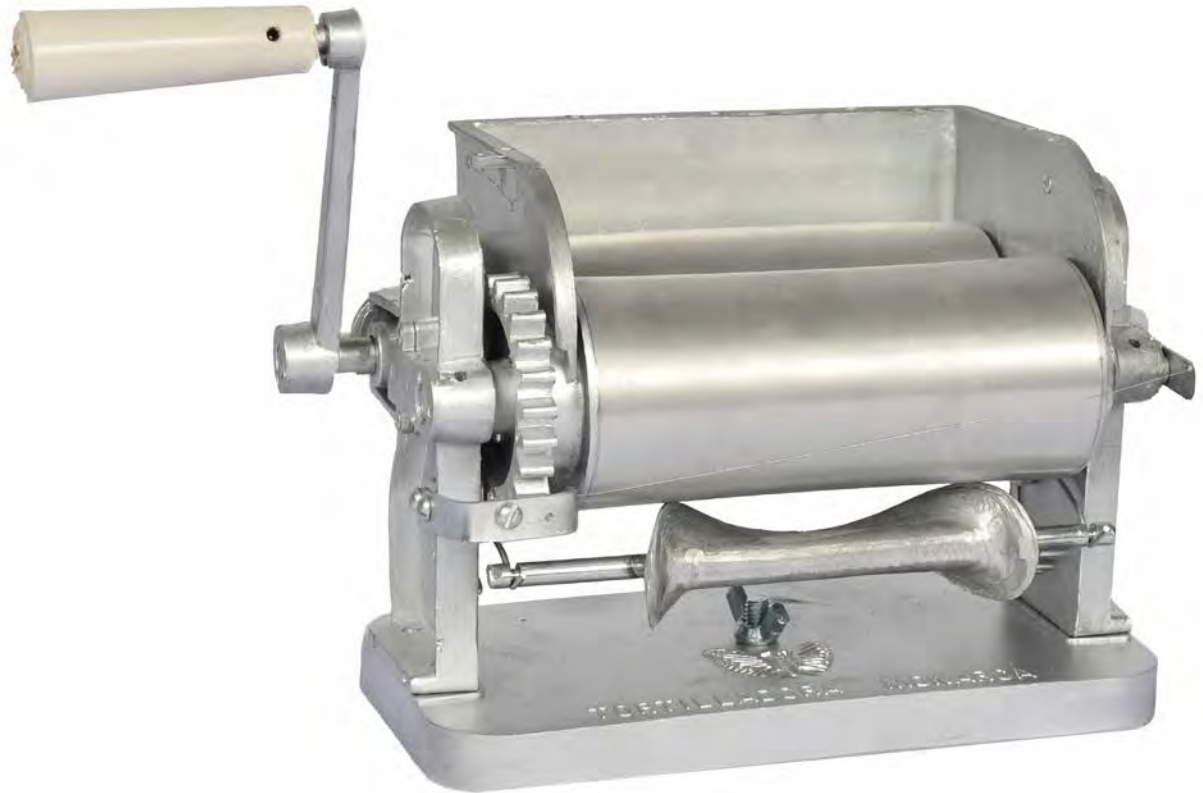
Since 600 AD,  
windmills were used  
as force motors, being  
replaced by the steam  
engine around the  
year 1800





Request for Bread to be considered as World Intangible Cultural Heritage

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







## Request for Bread to be considered as World Intangible Cultural Heritage

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, ...











Request for Bread to be considered as World Intangible Cultural Heritage

## 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)

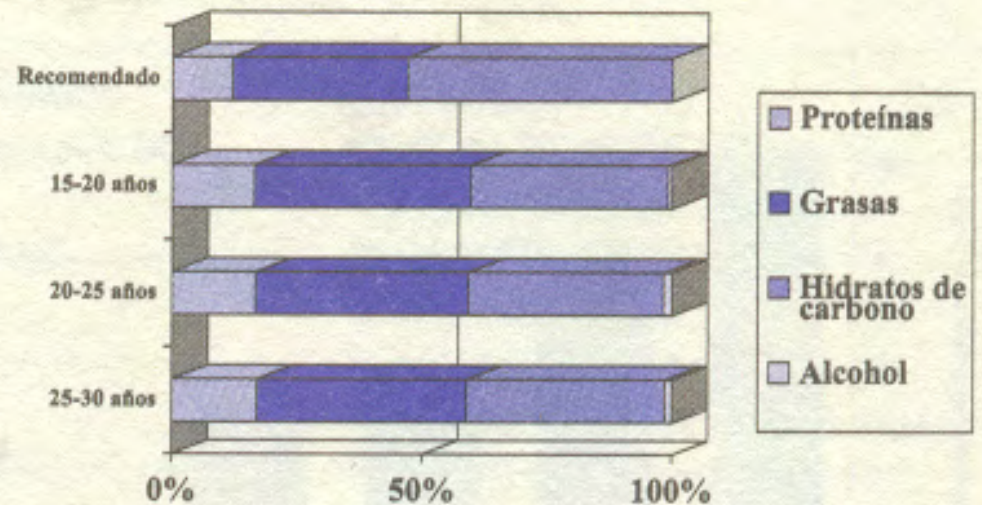
| PAN NORMAL<br>WHITE BREAD            |      | Composición por 100 g.<br>de porción comestible |
|--------------------------------------|------|---|
| Agua                                 | 34.6 | g   |
| Energía                              | 244  | kcal  |
| Energía                              | 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







## Request for Bread to be considered as World Intangible Cultural Heritage

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





## Request for Bread to be considered as World Intangible Cultural Heritage

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







## Request for Bread to be considered as World Intangible Cultural Heritage

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



Request for Bread to be considered as World Intangible Cultural Heritage

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







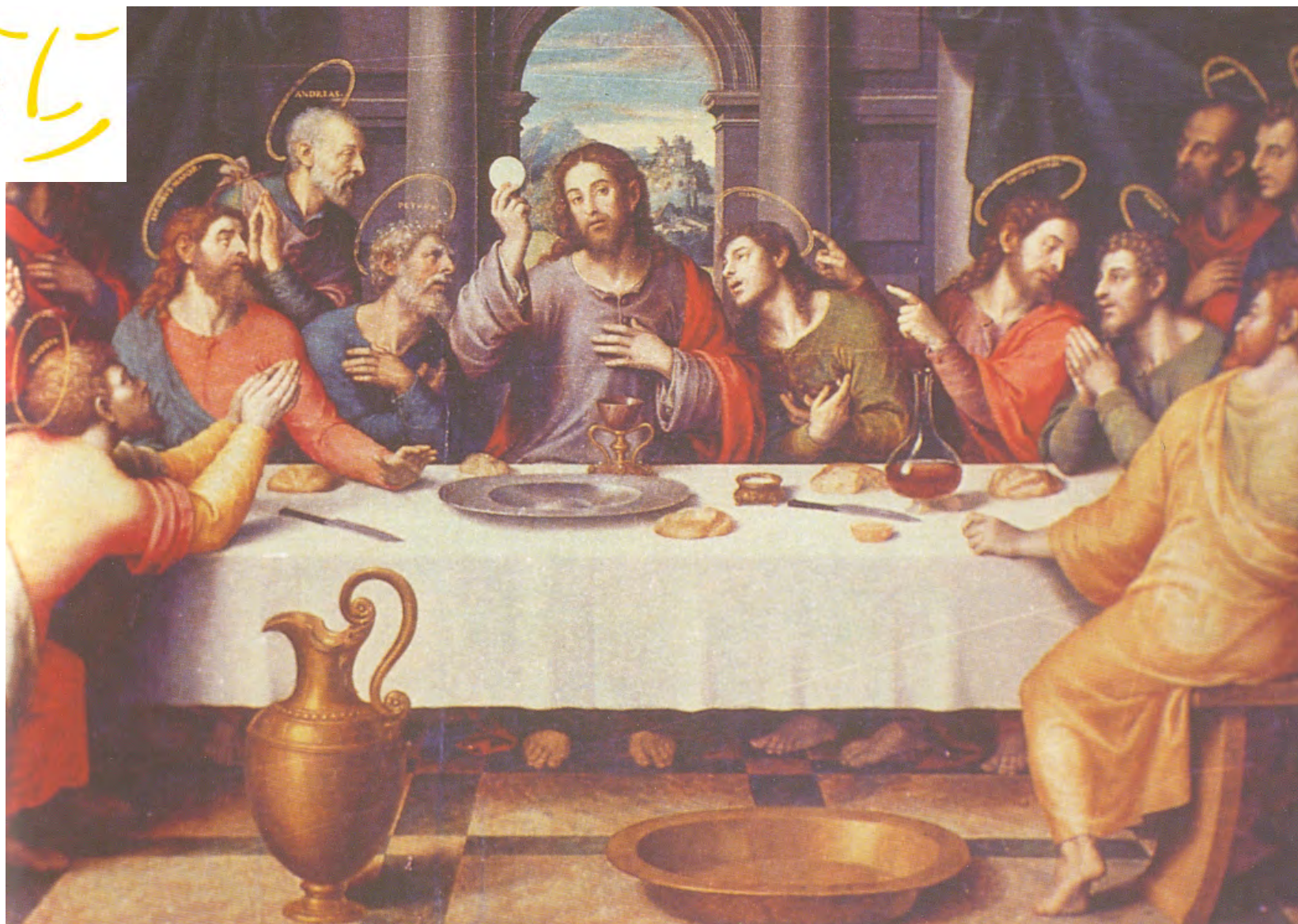
Request for Bread to be considered as World Intangible Cultural Heritage

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



Demonstration (Bread and Work– Antonio Berni (1934)





JUAN DE JUANES





DALÍ





DALÍ





PICASSO

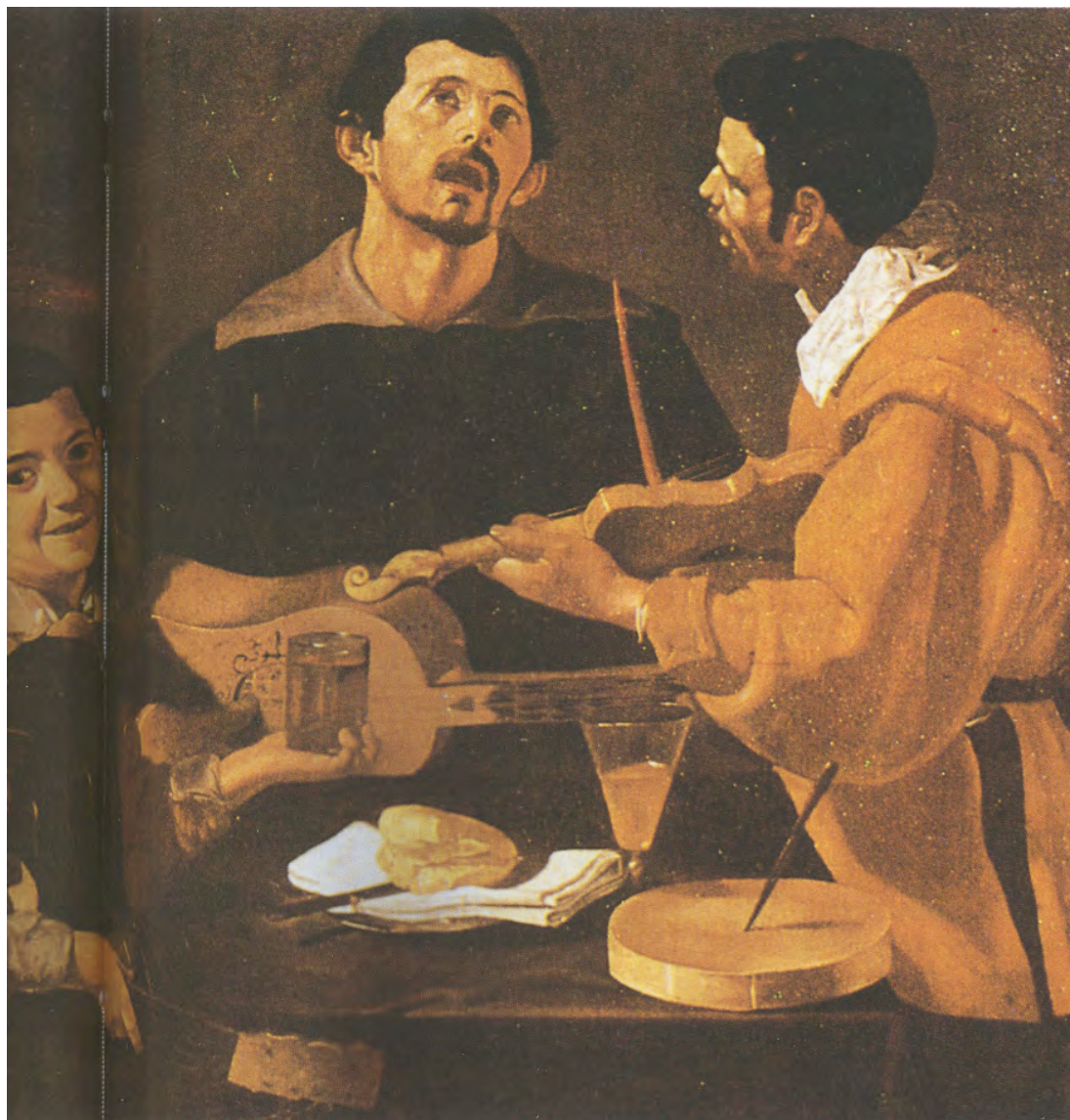


PICASSO



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**

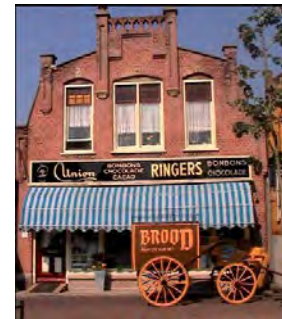
**Museum of Bread  
Culture Collection**







## BREAD MUSEUMS IN THE WORLD





## **P**rimero **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**