

# Arte Institute of

# Clichy

# A.I.C.

## F.E.W.

Food, Energy & Water (integrated System)

KONSOLIDARTE CULTURAL EDUCATION PROGRAM FOR THE WORLD

WHAT IS EDUCATION AND LITERACY??

WHAT ARE EDUCATION AND LITERACY TOOLS ?

THE WORLD IS FULL OF RESOURCES THAT CAN BE EXPLORED.

ONE OF THE MAGIC THINGS OF THIS ORGANISM IS THE INTEGRABILITY OF SYSTEMS, SOMETHING THAT HUMANITY DISCOVERED AND THAT CHANGED OUR ATTITUDES AND OUR PERSPECTIVE OF THE WORLD.



LET'S START BY A  
SIMPLE EXAMPLE ...  
WHY SHOULD WE BE  
LIMITED TO ONE  
FUNCTION, WHEN THE  
WHOLE NATURE IS FULL  
OF MULTIFUNCTIONAL  
ORGANISMS?



# La Quínoa

La quinoa o quinoa (del quechua kinwa o kinuwa) es una planta alimenticia de desarrollo anual, dicotiledónea, que normalmente alcanza una altura de 1 a 3 m. Perteneciente a la subfamilia *Chenopodiaceae* de las amarantáceas, es un cultivo que se produce en los Andes de Bolivia, Perú, Argentina, Chile, Colombia y Ecuador, así como también en Estados Unidos. Si bien no pertenece a la familia de las gramíneas que agrupa a los cereales considerados "tradicionales", su alto contenido de almidón permite que sea usada habitualmente como un cereal.

## La planta y sus características:

La quinoa es una planta andina que se originó en los alrededores del lago Titicaca de Perú y Bolivia. Al igual que la papa, fue uno de los principales alimentos de los pueblos andinos preincaicos e incas.

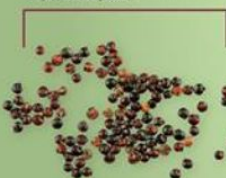
### Fruto

Es un equino, que tiene forma cilíndrica, huecamente ensanchado hacia el centro. Contiene una sola semilla de coloración variable, con un diámetro de 1.5 a 4 mm. El fruto está cubierta por una recubrimiento denominado pericarpio, la cual se desprende fácilmente cuando alcanza su madurez.



### Semilla

Es el fruto maduro sin pericarpio. Su color cambia dependiendo de su variedad, pudiendo tomar distintos matices del blanco, amarillo, rojo o negro. Contiene la mayor cantidad de proteínas.



Tamaño real de las semillas de Quinoa en relación con los monedas de una moneda.



**Raíz**  
Es glabro, erguida, profunda, bastante ramificada y fibrosa, lo que la hace resistente a la sequía y le permite tener buena estabilidad.



### Flor

Son muy pequeñas, ya que alcanzan un tamaño máximo de 2 mm. Están dispuestas de jelfos y pueden llegar a ser hemiflorales, bisporas (patibidad) o con entalididad masculina (andro-andro). La fecundación de los flores puede ser por autopolinización (autogamia) o por polinización cruzada (allogamia).

### Nombre científico *Chenopodium quinoa*

El grupo de América, al igual que el de Europa, es un pariente lejano, por ser muy antiguas, y se originó en América y fue llevado a Europa por los navegantes.



### Hojas

Las hojas son alternas, y su coloración es variable: del verde al rojo con diferentes tonalidades, puede medir hasta 15 cm de largo y 12 cm de ancho. Generalmente son lobuladas y cuadrilobas y pueden cubrir la humedad ambiental por las noches, controlar la evapotranspiración y disminuir su temperatura debido a la radiación solar.

### Inflorescencia

Es una panícula típica, constituida por un eje central que puede ser liso o compacto. Su longitud varía entre los 30 y los 80 cm y su diámetro de 5 a 30 cm. El número de semillas por panícula varía de 300 a 3000. Pueden ser de dos tipos, liso o amarantiforme y compacto o glomerulada.

### Tallo

Es cilíndrico en el cuello de la planta y anguloso a partir de las ramificaciones. Su grosor varía de 2 a 8 cm. Existen variedades ampliamente ramificadas y otras de tallo único.



La quinoa roja y negra o también conocida como amarantiforme, es un tipo de quinoa que se caracteriza por tener un alto contenido en fibra y mayor cantidad de pigmentos naturales que le confiere colores vivos y un sabor más intenso.

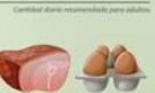


## Valores nutricionales

La quinoa es el único alimento vegetal que posee todos los aminoácidos esenciales, oligoelementos y vitaminas y no contiene gluten.

► VALOR NUTRICIONAL POR CADA 100 G. / Energía 370 kcal 1540 kJ

CARBOHIDRATOS		GRASAS	
Almidón	52 g	Fibra	7 g
AGUA		Polisaturadas	
64 g		3.3 g	Triptófano (Trp)
		64 g	
Timina (Vit. B1)	0.36 mg	Ácido fólico (Vit. B2)	0.32 mg
Vitamina B6	0.5 mg	Ácido fólico (Vit. B9)	184 mg
Vitamina E	2.4 mg	Niastro	4.8 mg
Magnesio	197 mg	Fósforo	457 mg
Potasio	563 mg	Zinc	3.1 mg



Comida diaria recomendada para adultos

Supera a otros cereales y productos de origen animal en cuanto a su valor calórico (por encima del arroz) y la leche y comparable con la carne, pescado (superior al trigo, arroz, maíz o avena) y derivados (leche, queso, yogur, mantequilla y leche).

### Grasas mono y polisaturadas

presentes en la quinoa son beneficiosas para el cuerpo cuando se incorporan en la alimentación.

## Adaptabilidad

- Más de 3.000 variedades hasta considerarse como subespecies, algunas en estado salvaje (habita en las montañas de los Andes, en Argentina, Uruguay, Colombia, Venezuela, México y Tailandia).
- Adaptabilidad extraordinaria a diferentes suelos agronómicos.
- Soporta temperaturas de crecimiento con un C.P. de 30°C a 40°C de humedad.

## Usos medicinales

- Contiene importantes sustancias para la medicina, por sus propiedades anti-inflamatorias, analgésicas y es utilizado para tratar la artritis, la diabetes, la hipertensión, la arterioesclerosis y el colesterol. Asimismo, previene el cáncer de colon debido a su alto contenido en fibra.
- Se le atribuyen propiedades cicatrizantes, anti-inflamatorias, analgésicas y antipruriginosas de los ojos, alivian los síntomas en caso de diabetes, de hemorroides internas y como repelente de insectos.



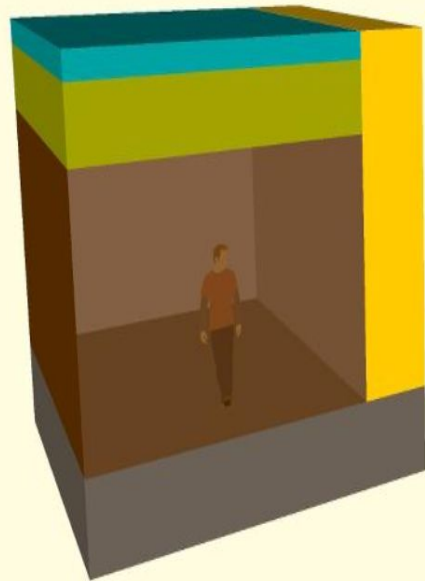
Fruto de quinoa cocido y condimentado.



IT IS JUST A QUESTION OF COMMUNICATION. IF WE KNOW WHAT WE WANT TO COMMUNICATE THE WORLD WILL CHANGE BECAUSE PEOPLE WILL KNOW HOW TO DO IT AND WHAT TO DO ...

ZAP - Zona autónoma provisória

Módulo integrado de habitabilidade autónoma



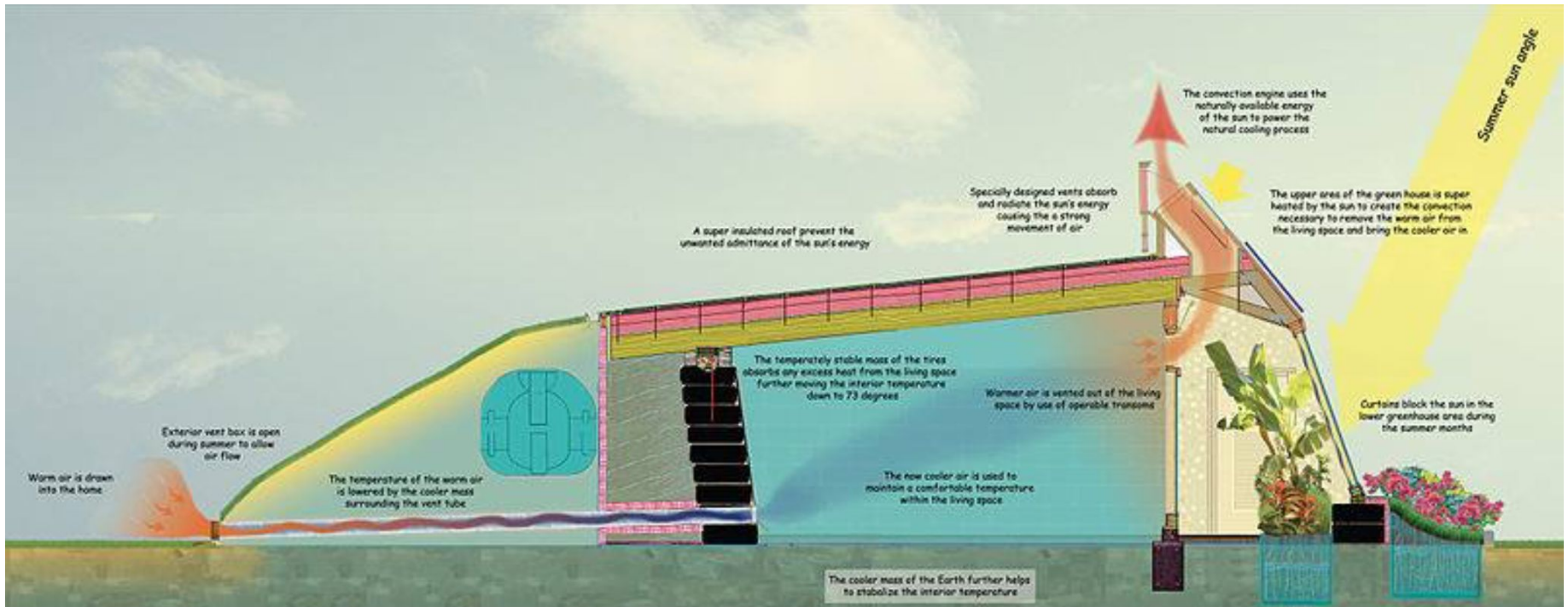
- Energia, depósito e filtragem de água
- Receptor de águas pluviais, painéis solares
- Produção biológica
- Habitáculo
- Depósito de resíduos orgânicos

IN THIS CASE WE START BY THE  
SHELTER

WHAT DO WE NEED ??

TEMPERATURE, NUTRIFICATION,  
ENERGY !!

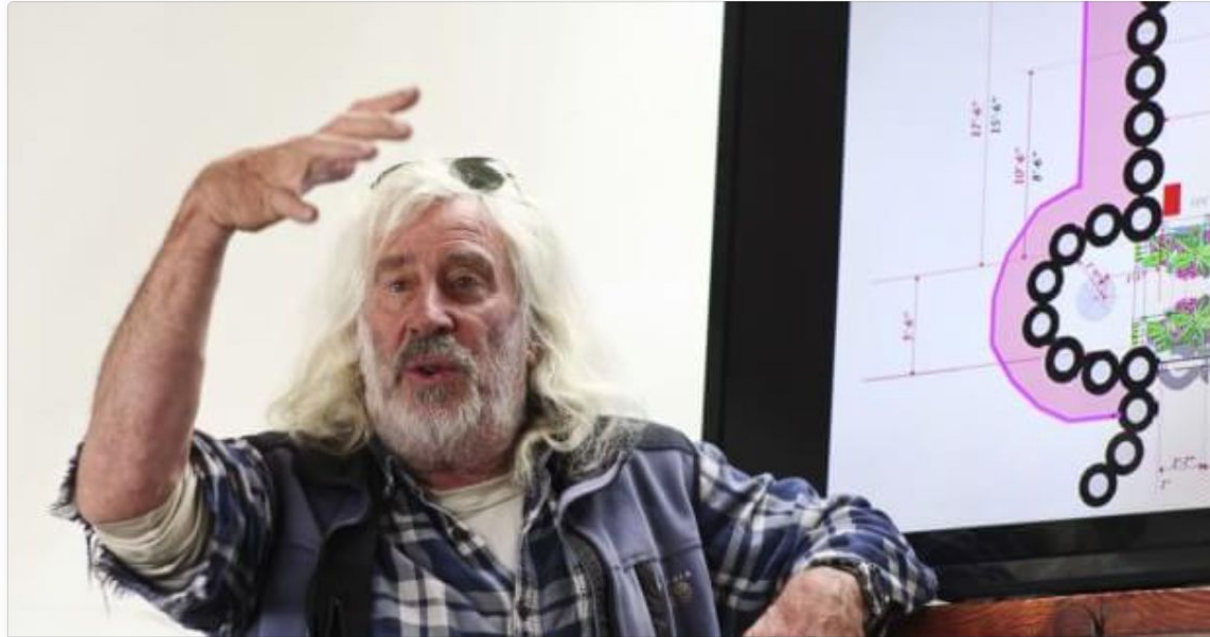
IF WE LOOK AT THAT IN A  
HUMAN SIMPLE PERSPECTIVE, WE  
NEED A HOUSE THAT DO NOT  
SPEND ALL OUR RESOURCES BUT  
THAT BILD RESOURCES ... AN  
EARTH SHIP



THIS IS THE HORIZONTAL MODEL DEVELOPED BY MICHELL REINALD IN TEXAS U.S.  
THIS IS A MODEL FOR A VERY COMPLICATED ENVIRONMENT "TEXAS DESERT "



<https://www.facebook.com/brigida.lema/posts/10153512662050908>



### Uruguay tendrá la primera escuela autosustentable

El famoso arquitecto Michael Reynolds, ideólogo de la "Earthship Biot...

[www.republica.com.uy](http://www.republica.com.uy)

THIS ARCHITECT HAS DEVELOPED A POSSIBILITY OF CREATING PEDAGOGIC STRUCTURES AND GOVERNMENTAL BUILDINGS THAT ARE EFFICIENT IN TERMS OF SUSTAINABILITY



Pachamama Alliance

9 de dezembro de 2013

The Amazon rainforest is not a commodity - it is a community of plants, animals and humans all living together. This is why it is so important that we work with **Fundación Pachamama** to defend it... [Continuar a ler](#)



“WE ABUSE THE LAND BECAUSE WE REGARD IT AS A COMMODITY BELONGING TO US.

WHEN WE SEE LAND AS A COMMUNITY TO WHICH WE BELONG, WE MAY BEGIN TO USE IT WITH LOVE AND RESPECT.”

ALDO LEOPOLD

WE NEED A PLAN ... THAT IS NOT A GLOBAL PLAN BUT A LOCAL PLAN ...

WHAT IS THE CLICHY PLAN

WHAT IS THE PARIS PLAN ?

WHAT IS THE FRENCH PLAN ?

WHAT IS THE EUROPEAN PLAN ?

FOR THE ENERGY ?

FOR THE FOOD PRODUCTIONS ?

FOR THE WATER RESERVATION ?

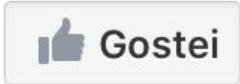




27<sup>th</sup> ANNUAL NATIONAL  
**BIONEERS**  
CONFERENCE  
OCTOBER 21-23, 2016  
MARIN CENTER • SAN RAFAEL, CA  
*Evolution from the Head of Nature*  
#BIONEERS16

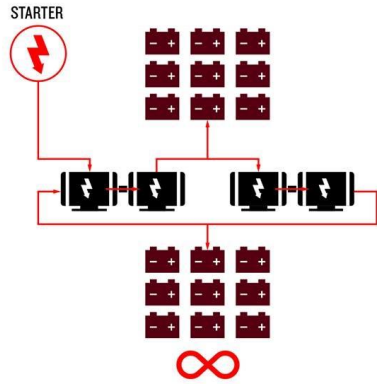


**Bioneers**  
Evento  
56 052 gostos

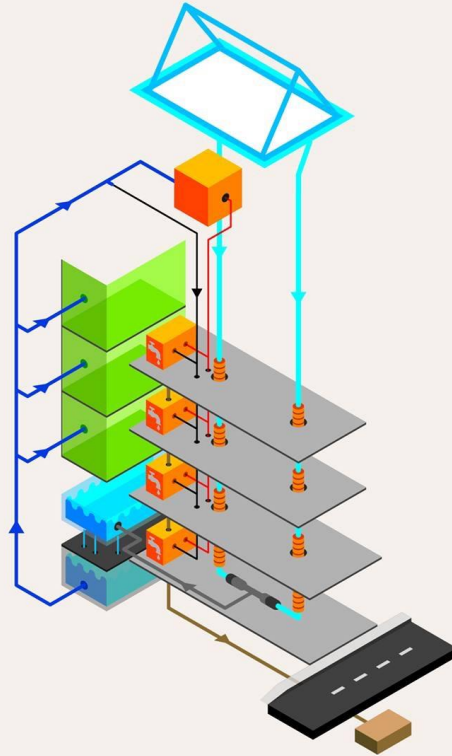
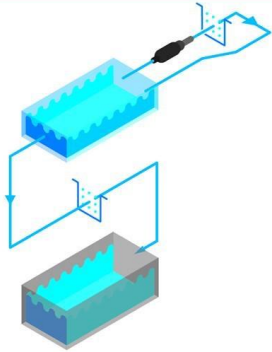


BIONEERS CONFERENCE IS AN EVENT WITH 25 YEARS OF EXISTENCE AND DEBATE IN CALIFORNIA,  
THE MOST AUTONOMOUS STATE OF U.S. TALKING MAKE IDEAS COME TRUE ...THIS IS THE  
CALIFORNIA PLAN

## SISTEMA ENERGÉTICO

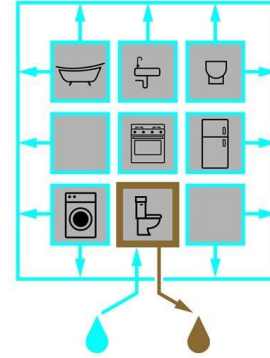


## SISTEMA TANQUES DE TRATAMIENTO BIOLÓGICO

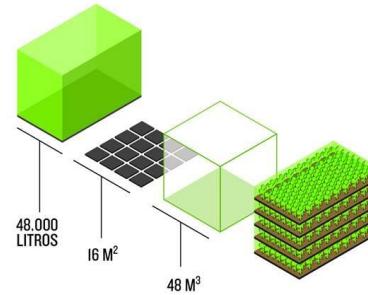


**ZONA AUTÓNOMA ZAP (CASO ACOPOLATIVO)**  
PLANO DE CONSTRUÇÃO DO SISTEMA DE AUTONOMIA  
PARA ESTRUCTURA HABITACIONAL, SOCIAL E URBANA

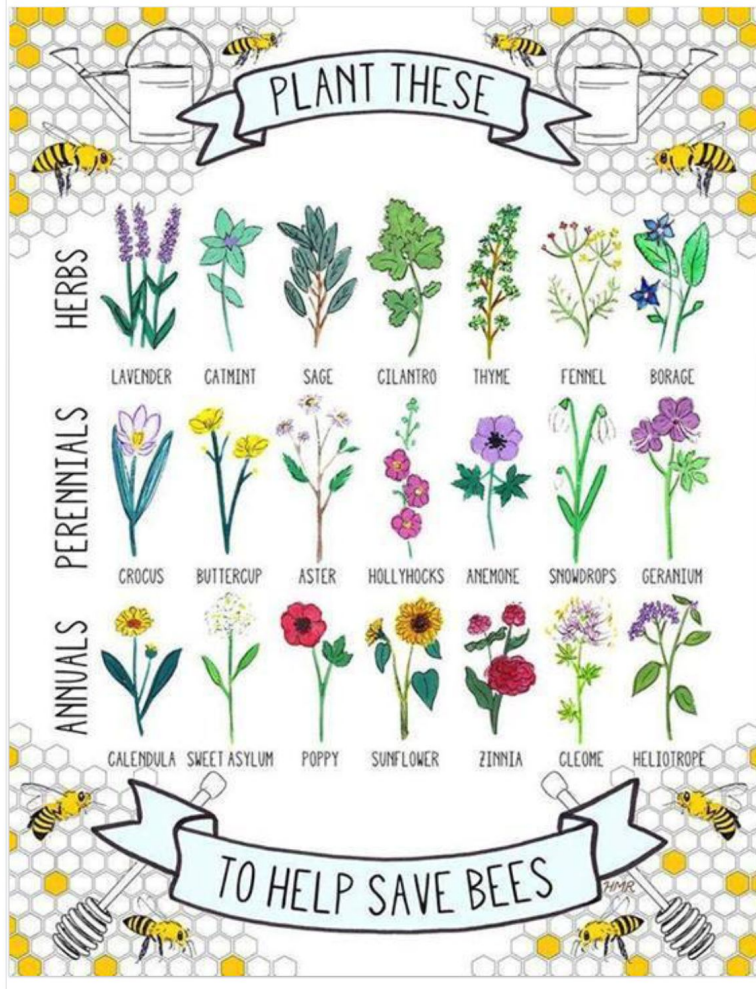
## SISTEMA HABITÁCULO



## SISTEMA ESTUFA VERTICAL



WHAT I PROPOSE  
IS TO  
RE-DESIGN THE  
STRATEGY OF  
THIS TERRITORY  
FOR EUROPE TO  
BECOME A  
CONTINENT  
FOR THE FUTURE



STARTING BY AGRICULTURE  
 COMMUNICATION AND  
 EDUCATION IN THE STATE AND  
 PRIVATE SCHOOLS  
 WHAT ARE YOU AFRAID?  
 THAT WE DON'T BUY PRODUCTS ?!  
 BIO MARKET SHOW THE OPPOSITE





EUROPE HAS AN  
ORGANIC CAPACITY  
THAT CAN BE AN  
EXAMPLE TO THE  
WORLD. INCREASE  
THAT KNOWLEDGE IS A  
BIG STEP.

# 9 Blood Building Foods to Fight Anemia



1. Wheat Grass



2. Black Strap Molasses



3. Beets



4. Figs



5. Spinach



6. Kale



7. Spirulina & Wheat Grass Powder



8. Nettles



9. Broccoli

RSA  
ANIMATE



## RSA Animate - Changing Education Paradigms

This animate was adapted from a talk given at the RSA by Sir Ken Robinson...  
[gdata.youtube.com](http://gdata.youtube.com)

THAT WILL INCREASE HEALTH AND CAPACITY TO PRODUCE ORGANIC PRODUCTS THAT CAN BE CERTIFIED BY THE GOVERNMENTS AND THAT CAN BE SOLD TO THE WORLD.





NEW VILLAGE ORGANIZATION MUST BE PLANNED SO THAT EUROPE FOUND THEIR NEW ENVIRONMENT, SOMETHING THAT IS PRODUCTIVE AND SUSTAINABLE BASE ON THEIR OWN ANCESTORS KNOWLEDGE.



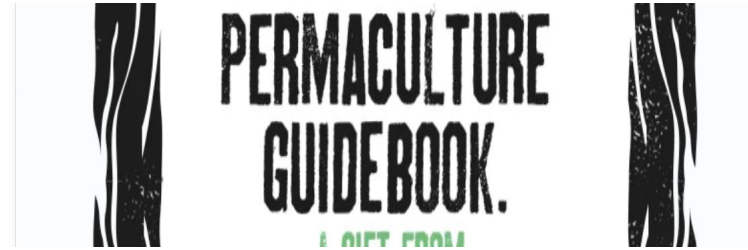
PEOPLE CAN START PLANNING THEIR OWN PRIVATE SPACE.

ORGANIC VILLAGES CAN BE THE CONCEPT FOR A COUNTRY LIKE FRANCE WITH MORE THAN 60 MILLION HABITANTES AND 85% OF THE POPULATION WITH MORE THAN 25 YEARS OLD





BIO TOURISM IS ALSO THE FUTURE, AUSTRALIA HAS BEEN USING IT LIKE LOTS OF COUNTRIES IN THE WORLD BUT FOR THAT YOU NEED TO HAVE ACCOMMODATION SYSTEMS AND PEDAGOGICAL MANUALS WITH LOCAL TEACHERS



ARE WE READY TO HAVE THAT !!



No meio da floresta tropical surge Oyala, a nova cidad... Continuar a ler



THE IMPORTANCE OF GARDENING NOT ONLY THE SPACE BUT ALSO THE CITY. WE ALL NEED SPACE TO CREATE AND CREATING MEANS TAKING CARE. TAKING CARE OF US THROUGH A NICE AND SAFE ENVIRONMENT BUT ALSO INTEGRABILITY POSITION TO TRAIN PEOPLE WITH CAPACITY AND SELF KNOWLEDGE.





WITH THE CLIMATE CONTROL YOU CAN DEVELOP MUCH MORE FOOD PRODUCTION AND MUCH MORE ORGANIC FOOD ENOUGH TO SUPPLY INDUSTRY AND ALSO REST OF THE CONTINENT





TODAY IS THE BEST DAY  
TO START A  
REVOLUTION, TO  
CHANGE A SYSTEM  
THAT HAS PROVED TO BE  
WITH OUT FORM THAT  
CAN BE RE- DESIGNED.  
AND WOULD BE AN  
EXAMPLE FOR THE  
WORLD ..HOW THE  
HUMANITY SHOULD BE  
...IN THE FUTURE.





HUMANITY IS  
INTELLIGENT TO PUT  
WATER RUNNING UNDER  
OUR FEETS ... EUROPE IS  
NOT A DRY CONTINENT  
... IT CAN BE A GREEN  
HOUSE

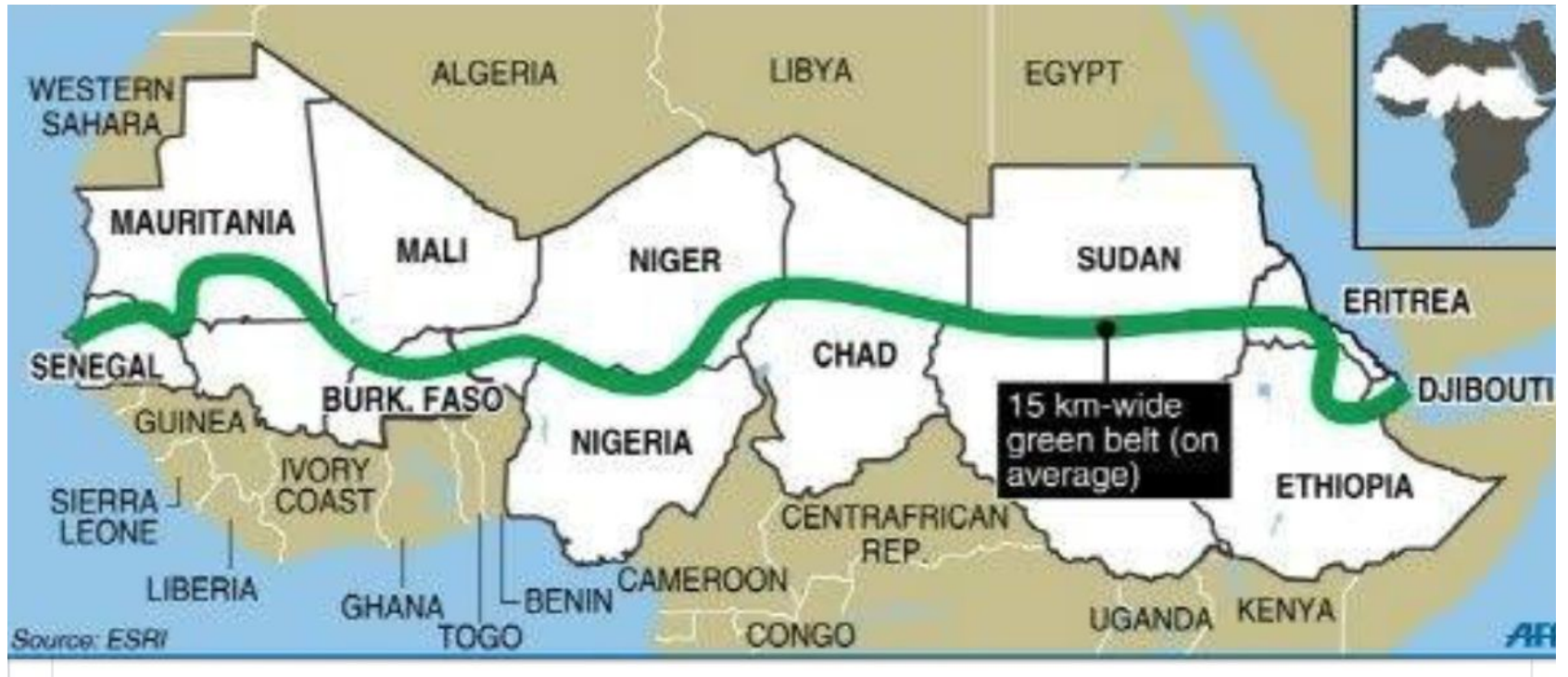
A GREEN SACRED HOUSE  
THAT KEEPS IN HER  
MEMORY THINGS THAT  
THE WORLD HAS FORGET

Bio-remediation of polluted waterways with floating gardens, Manila, Philippines. We need a lot more of this all over the world.



ALL THE WORLD IS  
READY TO CHANGE  
BUT EUROPE CAN  
MAKE A MASSIVE  
CHANGE BECAUSE IT  
IS A OLD WISDOM  
WITH A CHILD BODY





MASSIVE PROJECTS ARE MADE ALL OVER THE WORLD. EUROPE IS A SUCCESS IN CASE AND IN TERMS OF SCALE



**Sociedad Argentina de Horticultura**

9 de fevereiro de 2013

'Museum of Nature' Londres





A photograph of two children in a garden. On the left, a young boy with dark hair, wearing a light blue t-shirt, is looking down at something in his hands. On the right, a girl with brown hair, also wearing a light blue t-shirt, is leaning over and looking at a plant. They are surrounded by lush green foliage, including large-leafed plants in the foreground. The background shows more greenery and a wooden post.

**EVERY SCHOOL SHOULD**

**TEACH GARDENING**  
**BECAUSE FOOD IS KIND OF IMPORTANT**

**SHARE IF YOU AGREE**

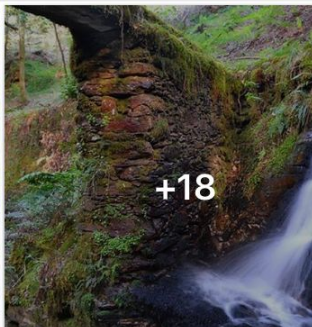


Learn more at [HealthyHolisticLiving.com](https://HealthyHolisticLiving.com)

image source: <https://foodcorps.org>



# DESIGN WATERS



+18





RECYCLE ART INDUSTRY



t-online.de TV

29 de setembro de 2015

Einfach geil: Diese Maschine macht das Arbeiten auf dem Bau zum Kinderspiel.

Ver tradução



PEDESTRIAN AND BICYCLE  
TOUR ROAD NETWORK





## WATER CATHEDRAL SYSTEM



INDUSTRY  
OF  
PERPETUAL  
ENERGY  
SYSTEM

**3000 Watt Generator Powers Itself, Grinder & Drill Press.**

<http://www.witts.ws/> - "THE MOST IMPORTANT CAUSE ON EARTH" " I...  
youtube.com





TV  
EDUCATIONAL  
MAPS FOR  
TRANSVERSAL  
MATTERS

## RSA Animate - Changing Education Paradigms

This animate was adapted from a talk given at the RSA by Sir Ken Robi...

[gdata.youtube.com](http://gdata.youtube.com)



FUNDING ECO LOCAL  
COMPANIES CENTRALIZED IN  
STATE COOPERATION  
COOPERATIVE







CREATING NEW  
EDUCATIVE  
ENVIRONMENT  
FOR SCHOOLS

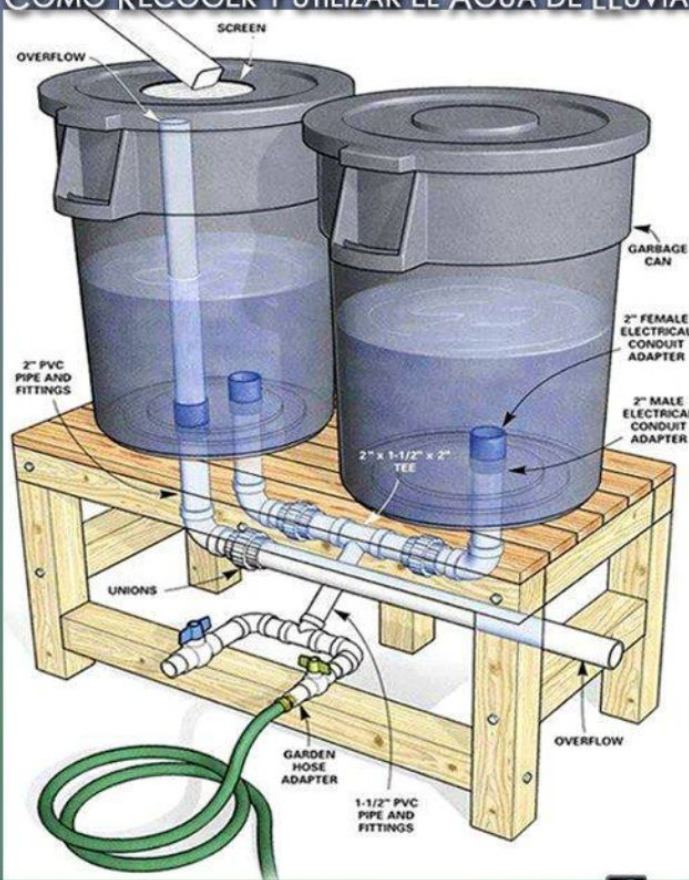


ADAPTING AND  
CREATING  
STRUCTURES THAT  
ARE  
ENTERTAINMENT  
BUT ALSO GREEN  
ENERGY PRODUCERS



# EL AGUA DE LLUVIA PARA USO DOMÉSTICO

COMO RECOGER Y UTILIZAR EL AGUA DE LLUVIA PARA EL RIEGO DE JARDINES Y LIMPIEZA

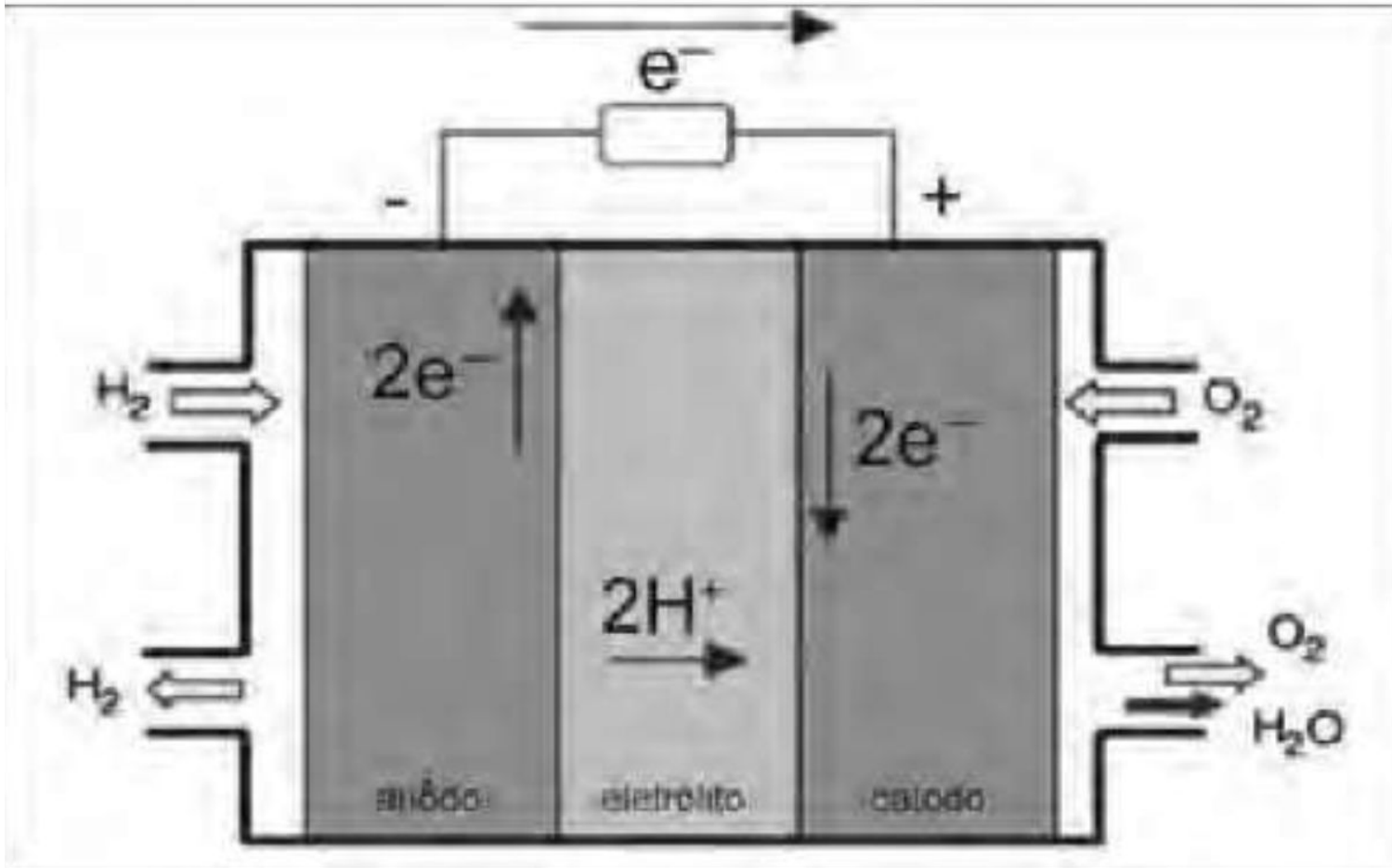


DEVELOP  
MASSIVE  
INFORMATION  
FOR DOMESTIC  
PURPOSE



INCREASE THE  
AGRICULTURAL  
SPECTRUM OF  
PRODUCTION





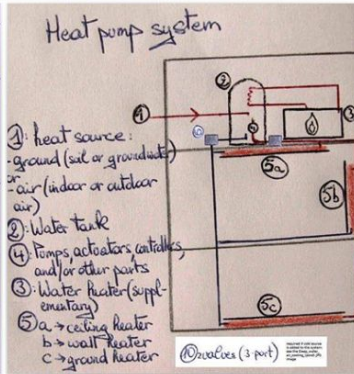
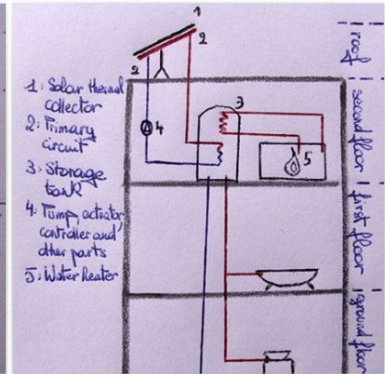
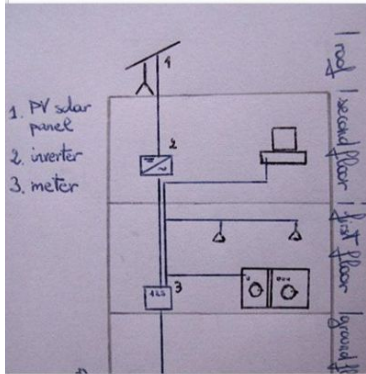
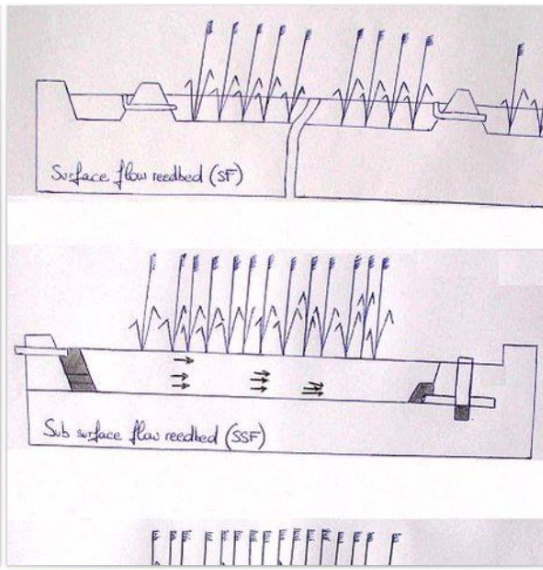
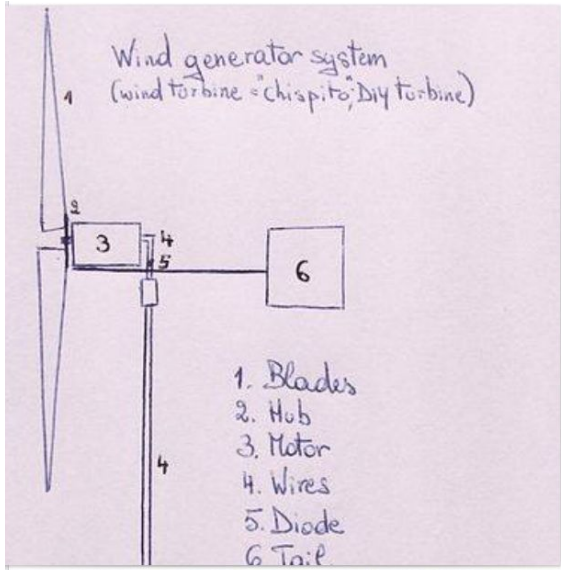
DEVELOP  
HIGH  
TECHNOLOGY  
IN  
HYDROGEN  
SYSTEM OF  
ENERGY  
SUPPLY

## World's Simplest Electric Train!



DEVELOP A  
MINISTRY OF  
ELECTRICITY AND  
TRANSPORTATION  
SYSTEMS THAT WILL  
BE OPERATIONAL IN  
ALL THE COUNTRY  
AND ADJACENT TO  
ISLANDS IN EUROPE





MECHANICAL  
EOLIC ENERGY  
FOR CAPTURING  
WATER FROM THE  
GROUND



**Azertag News-Agency**

12 de dezembro de 2014

Avstraliyada ağacları belə qoruyurlar

[youtube.com/ArborcoAustralia](https://youtube.com/ArborcoAustralia)



IMPORTING  
TOOLS TO  
REORGANIZE THE  
NATURAL  
ENVIRONMENT  
WITHOUT  
DAMAGING IT.



Nos anos 90 estes utensílios feitos em folha eram os pratos de plástico na Índia



CREATING NEW  
REGULATIONS FOR THE  
FIGHT AGAINST THE  
USE OF PLÁSTIC IN  
YOUR CULTURE, AND  
FEED THE ARTISANAL  
CRAFT LOCAL  
INDUSTRY AND HELP  
THEM TO EXPORT TO  
THE WORLD

CREATIVE PROJECT COORDINATION &

MANAGEMENT BY

:KONSOLIDARTE@GMAIL.COM

FOR:EUROPE AND HER FUTURE