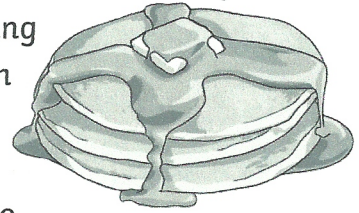


Pancake Day

Pancake Day is a Christian festival that has been celebrated for over 1000 years. It is also known as Shrove Tuesday. Pancake Day marks the start of Lent. Lent is the time before Easter and last for 40 days. During Lent, Christians give up treats and rich food to help them focus on Jesus. Pancake Day is the last chance to have a treat and use up rich food, such as fat, butter and eggs. In the United Kingdom, there are lots of traditions linked to Pancake Day.



England

Did You Know...?

'Shrove' means to be forgiven for doing wrong.

Legend has it that in 1445, a woman heard the church bells ringing as she was making pancakes. Rather than be late, she ran to church still holding the frying pan and pancake! Today, you can take part in the race, wearing an apron, a hat or scarf and carrying a pan containing a pancake. You must flip your pancakes three times during the race. The first person to cross the finish line at the church wins the race.

Northern Ireland

In the past, the eldest unmarried daughter would toss the first pancake. If it landed back in the pan, then she would be married that year; but if it didn't or if she dropped it, she would stay unmarried.

Wales

On the evening before Shrove Tuesday, tin cans were kicked up and down the streets, to remember the task of putting away all the pots, pans and utensils. Crempogs, also known as 'ffroes', are thicker than traditional pancakes.

Scotland

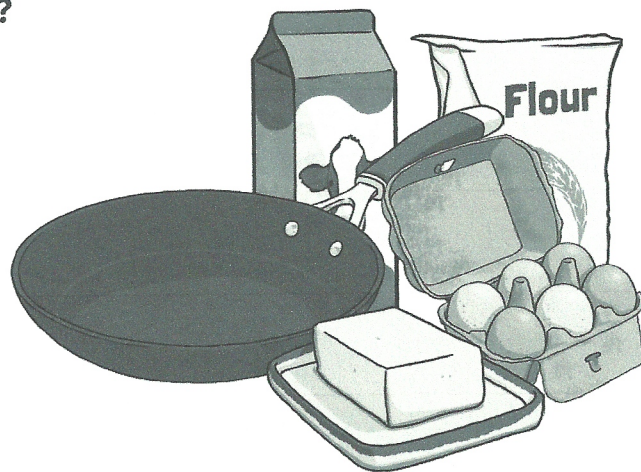
Scottish pancakes are smaller and thicker than traditional pancakes. They are called 'drop scones' or 'dropped scones'.



How Do You Make Pancakes?

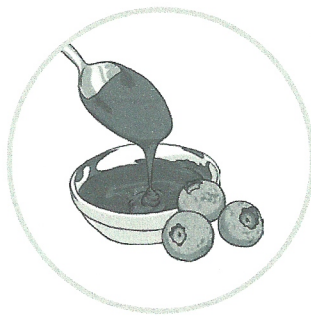
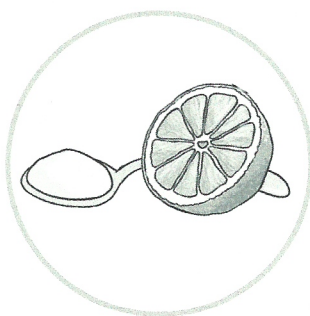
Ingredients

- Flour
- Eggs
- Milk
- Water
- Salt
- Butter or oil (to fry)



Method

1. First, mix all the ingredients together in a bowl to make a batter.
2. After that, put a little butter or oil into a frying pan.
3. Next, pour a little of the batter into the pan and fry it.
4. Finally, choose a delicious topping.



Questions

1. What other name is given to Pancake Day? Tick one.

- Lent
 Shrove Tuesday
 Easter
 Shriven

2. How long does Lent last for? Tick one.

- 40 days
 4 days
 40 weeks
 4 years

3. What does the word 'shrove' mean?

4. Draw lines to match the part of the United Kingdom with its Pancake Day tradition.

Scotland

Crempogs are made and eaten.

Northern Ireland

People run a race wearing an apron.

England

Dropped scones are eaten.

Wales

The eldest unmarried daughter tosses the pancake.

5. Fill in the missing words

_____ has it that in 1445, a woman heard the church bells ringing as she was making pancakes. Rather than be late, she ran to church still holding the _____ pan and pancake!

6. Which of the following is NOT an ingredient needed to make pancakes? Tick one.

- Eggs
 Salt
 Butter
 Sugar