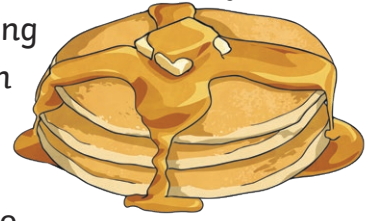


# Pancake Day

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.



## Did You Know...?

'Shrove' means to be forgiven for doing wrong.

## England

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

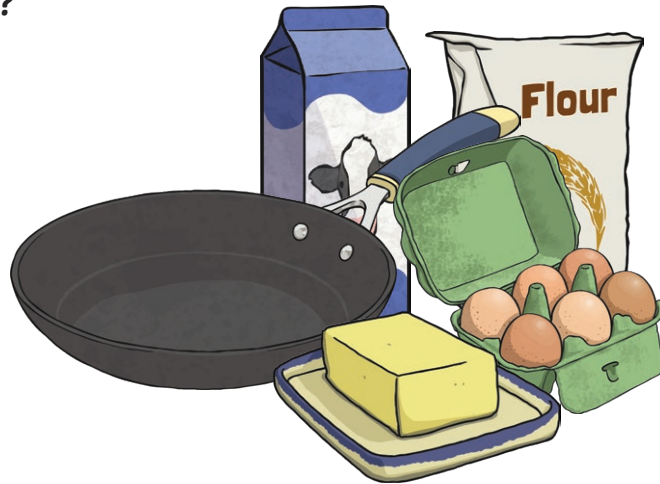
Scottish pancakes are smaller and thicker than traditional pancakes. They are called 'drop scones' or 'dropped scones'.



## 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?

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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

# Questions

7. Not all pancakes are the same. Describe two differences in pancakes across the United Kingdom.

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# Answers

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

- Lent  
 **Shrove Tuesday**  
 Easter  
 Shriven

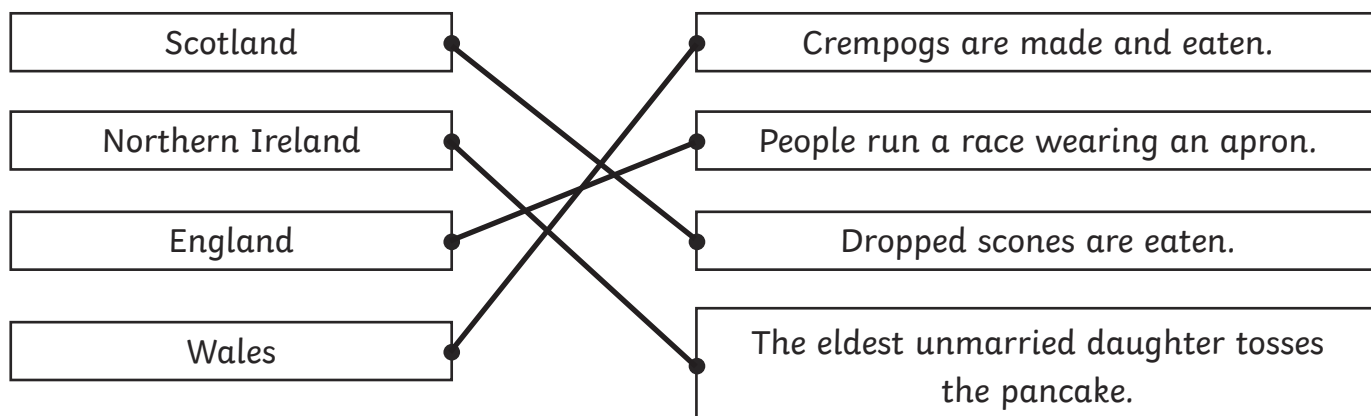
2. How long does Lent last for? Tick one.

- 40 days**  
 4 days  
 40 weeks  
 4 years

3. What does the word 'shrove' mean?

**To be forgiven**

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



5. Fill in the missing words

**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!

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

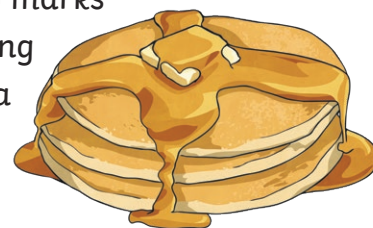
- Eggs  
 Salt  
 Butter  
 **Sugar**

7. Not all pancakes are the same. Describe two differences in pancakes across the United Kingdom.

**Pupil's own response, such as: In Scotland, pancakes are known as drop scones and are much thicker. In Wales, pancakes are known as crempogs or 'ffroes' and are thicker.**

# Pancake Day

Pancake Day is a Christian festival, also known as Shrove Tuesday, which has been celebrated by Christians for over 1000 years. Pancake Day marks the start of Lent. Traditionally, people celebrate by making pancakes. Shrove Tuesday is the last chance to indulge in a treat by using up rich food such as fats, butter and eggs before Lent begins. During Lent, Christians 'abstain' which means that they give up treats and luxuries. 'Shrove' means being forgiven for doing wrong.



## Northern Ireland

In the United Kingdom, there are lots of traditions linked to Pancake Day.

In the past, pancakes were cooked over a fire. Families and friends would gather around to enjoy the food. The eldest unmarried daughter of the family would toss the first pancake. If she tossed it and it landed back in the pan, then she would be married that year; but if it didn't turn over or she dropped it, she would stay unmarried.

## Wales

In some parts of 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 used to make the tastier food that was not allowed to be eaten during Lent. Crempogs, also known as 'ffroes', are thicker than traditional pancakes. Traditionally, they were cooked on a cast iron bake stone, griddle or 'planc'.

## Scotland

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

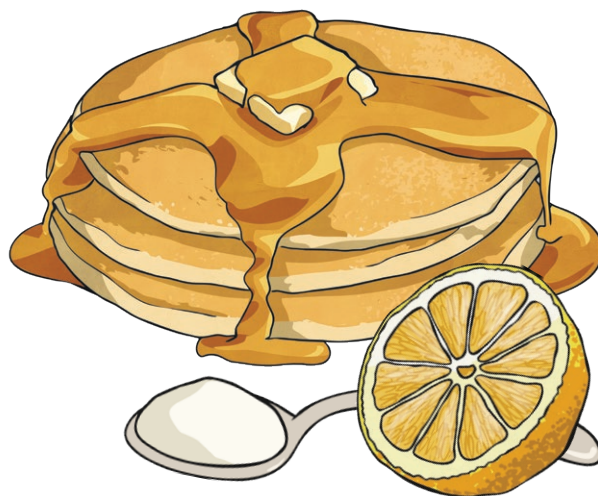


## England

A famous pancake race takes place in Olney in Buckinghamshire, England. 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 and receive a kiss from a church official wins the race.

Christians around the world celebrate Pancake Day in different ways:

France, America and Brazil	'Mardi Gras' or 'Fat Tuesday' carnival.
Sweden	'Fettsdagen' or 'Fat Tuesday'. A pastry called semla is eaten.
Iceland	'Sprengidagur' or 'Day of Bursting'. Salted meat and peas is eaten.
Finland	Green pea soup and pastry is eaten.
Greece	'Apocreas' or 'from the meat'. Many Greek Christians give up meat during Lent.



# Questions

1. For how long have people celebrated Pancake Day? Tick one.

- over 10 years
- over 2000 years
- over 1000 years
- over 100 years

2. Find and copy a word that shows that people eat a lot on Shrove Tuesday.

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3. Fill in the missing words.

Pancake Day marks the start of \_\_\_\_\_. During this time, Christians '\_\_\_\_\_' which means that they give up treats and \_\_\_\_\_. 'Shrove' means being forgiven for doing wrong.

4. How were pancakes cooked in Northern Ireland?

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5. Explain in your own words why the eldest daughter in Northern Ireland would be unhappy if she dropped her pancake while tossing it. Explain fully using evidence from the text to support your answer.

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6. What do the Welsh call pancakes? Tick one.

- drop scones
- crempogs
- semla
- apocreas

7. Where does the famous pancake race take place? Tick one.

- Wales
- Scotland
- Olney
- London



# Questions

8. Draw lines to match countries with their name for Pancake Day.

Greece

Brazil

Sweden

Iceland

Sprendigadur

Fettsdagen

Apocreas

Mardi Gras

# Answers

1. For how long have people celebrated Pancake Day? Tick one.

- over 10 years
- over 2000 years
- over 1000 years**
- over 100 years

2. Find and copy a word that shows that people eat a lot on Shrove Tuesday.

**Indulge**

3. Fill in the missing words.

Pancake Day marks the start of **Lent**. During this time, Christians '**abstain**' which means that they give up treats and **luxuries**. 'Shrove' means being forgiven for doing wrong.

4. How were pancakes cooked in Northern Ireland?

**Over a fire**

5. Explain in your own words why the eldest daughter in Northern Ireland would be unhappy if she dropped her pancake while tossing it. Explain fully using evidence from the text to support your answer.

**Pupil's own response, such as: The eldest daughter would be unhappy if she dropped her pancake because it says in the text that this meant that she would not get married that year whereas if her pancake landed back in the pan, it meant that she would get married.**

6. What do the Welsh call pancakes? Tick one.

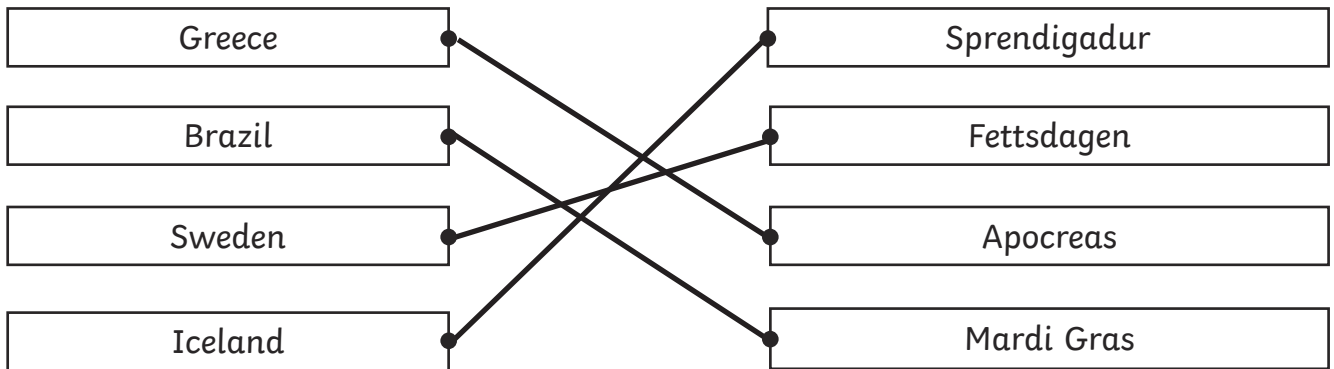
- drop scones
- crempogs**
- semla
- apocreas

7. Where does the famous pancake race take place? Tick one.

- Wales
- Scotland
- Olney**
- London

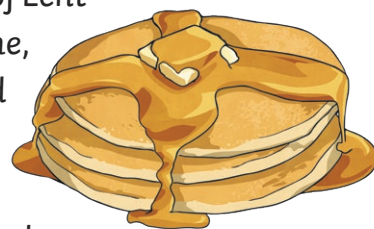
# Answers

8. Draw lines to match countries with their name for Pancake Day.



# Pancake Day

Pancake Day is a Christian festival, also known as Shrove Tuesday, which has been celebrated by Christians for over 1000 years. Traditionally, people celebrate by making and eating pancakes. Pancake Day marks the start of Lent which refers to the 40 days before Easter. During this time, Christians 'abstain' which means that they give up treats and luxuries as they believe it helps them to focus on Jesus and to remember the sacrifice that he made by dying on the cross. Shrove Tuesday is the last chance to indulge in a treat by using up perishable, rich foods, such as fat, butter and eggs before Lent begins. 'Shrove' means 'shriven' or to be forgiven for doing wrong.



In the United Kingdom, there are lots of traditions linked to Pancake Day

## Northern Ireland

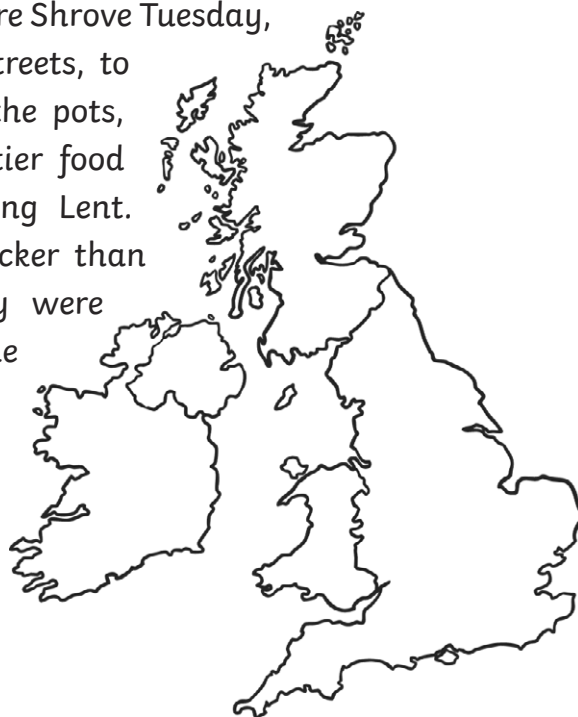
Historically, pancakes were cooked over a fire. Families and friends would gather around to enjoy the food. The eldest unmarried daughter of the family would toss the first pancake. If she tossed it and it landed back in the pan, legends said that she would be married that year; but if it didn't turn over or she dropped it, she would stay unmarried.

## Wales

In some parts of 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 used to make the tastier food that was not allowed to be eaten during Lent. Crempogs, also known as 'ffroes', are thicker than traditional pancakes. Traditionally, they were cooked on a cast iron bake stone, griddle or 'planc'.

## Scotland

Scottish pancakes are smaller and thicker than traditional pancakes. They are called 'drop scones' or 'dropped scones' because the batter is dropped into a pan of hot oil.



## England

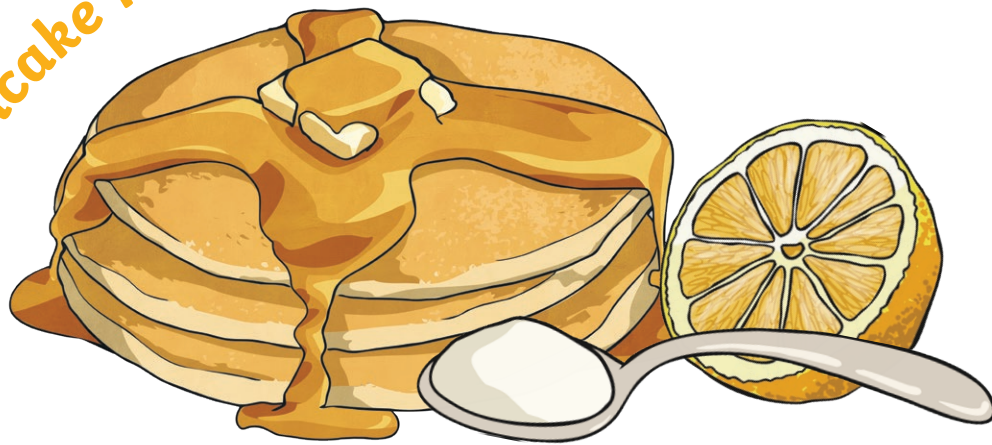
A famous pancake race takes place in Olney in Buckinghamshire, England. Legend has it that in 1445, a woman heard the church bells ringing as she was making pancakes. Rather than be late, she ran to church still holding the frying pan and pancake. Today, you can take part in the race, wearing an apron, 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 and receive a kiss from the verger (a church official) wins the race.

## Shrove Tuesday Around the World

Christians around the world celebrate Pancake Day in different ways:

A carnival called 'Mardi Gras' or 'Fat Tuesday' is held in France, America and Brazil. In Sweden, a pastry called semla is eaten and Pancake Day is known as 'Fettsdagen'. In Iceland, it is called 'Sprengidagur' or 'Day of Bursting' and salted meat and peas are eaten. Green pea soup and pastry is eaten in Finland and in Greece, many people give up meat during Lent which is known as 'Apocreas' or 'from the meat'.

**Pancake Facts!**



- On Pancake Day, an estimated 52 million eggs are eaten.
- The world record for the most pancake flips in two minutes is 349.
- The largest pancake made was 15m wide and weighed 3000kg.

# Questions

1. Find and copy a word that shows that the foods eaten on Shrove Tuesday would rot if not cooked.

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2. How long does Lent last for?

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3. Explain in your own words why Christians 'abstain' during Lent. Explain fully using evidence from the text to support your answer.

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4. Explain in your own words what you think the word 'Shrove' means? Explain fully using evidence from the text to support your answer.

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5. What is a verger? Tick one.

- a type of pancake
- a church official
- a carnival
- a race

6. What do people in Greece give up at Lent? Tick one.

- sweets
- chocolates
- soup
- meat

7. How many flips would you have to do in two minutes to beat the world record?

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# Questions

8. Why do you think Pancake Day is known as the 'Day of Bursting' in Iceland and 'Fat Tuesday' in France? Explain your answer fully.

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# Answers

1. Find and copy a word that shows that the foods eaten on Shrove Tuesday would rot if not cooked.

**perishable**

2. How long does Lent last for?

**40 days**

3. Explain in your own words why Christians 'abstain' during Lent. Explain fully using evidence from the text to support your answer.

**Pupil's own response, such as: I think Christians abstain during Lent because it says in the text that it means to give up treats and luxuries. They do this to remind them of the sacrifice that Jesus made at Easter time when he died on the cross.**

4. Explain in your own words what you think the word 'Shrove' means? Explain fully using evidence from the text to support your answer.

**Pupil's own response, such as: The word 'Shrove' means to forgive because it says in the text that 'shroven' means to be forgiven.**

5. What is a verger? Tick one.

- a type of pancake  
 **a church official**  
 a carnival  
 a race

6. What do people in Greece give up at Lent? Tick one.

- sweets  
 chocolates  
 soup  
 **meat**

7. How many flips would you have to do in two minutes to beat the world record?

**350**

8. Why do you think Pancake Day is known as the 'Day of Bursting' in Iceland and 'Fat Tuesday' in France? Explain your answer fully.

**Pupil's own response, such as: I think Pancake Day is known as the 'Day of Bursting' and 'Fat Tuesday' because it is a time when people indulge in lots of rich and delicious foods before giving them up for Lent. People eat a lot and may feel like they are going to burst or are getting fat!**