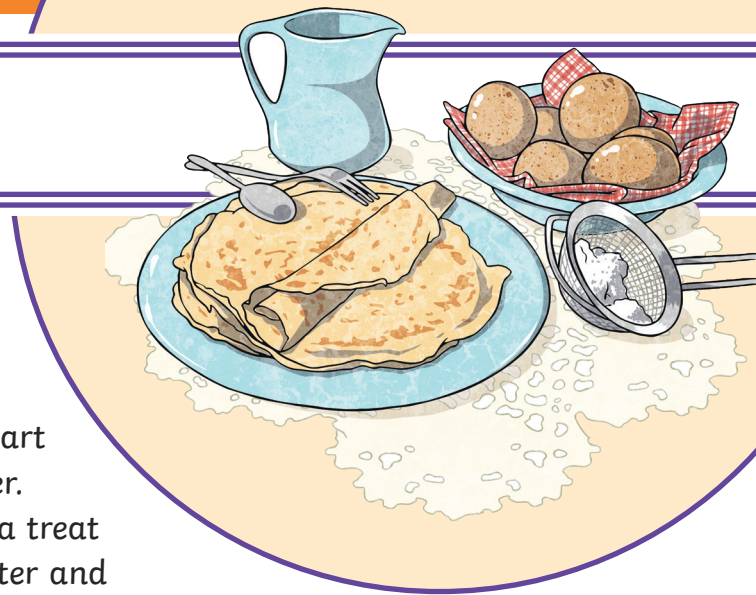


Pancake Day



Pancake Day is also known as Shrove Tuesday and is a Christian festival that has been celebrated by Christian people 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. Shrove Tuesday is the last chance to indulge in a treat by using up creamy, rich foods, such as fat, butter and eggs, before Lent begins. During Lent, Christian people **abstain** from 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.



Did You Know...?

'Shrove' comes from the word 'shriven', which means to be forgiven for doing wrong.

Pancake Day Traditions

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



Northern Ireland

Historically in Northern Ireland, 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, legend had it that she would be married that year. However, if it did not turn over or if she dropped it, then 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. This was done 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. In Wales, pancakes are known as 'crempog' or 'ffroes' and are thicker than traditional pancakes. Traditionally, they were cooked on a cast-iron bakestone, 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, Buckinghamshire. Legend has it that a woman heard the church bells ringing as she was making pancakes in 1445. Rather than be late, she ran to church still holding the frying pan and pancake. Today, you can take part in the race by wearing an apron, a hat or scarf while 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** wins the race.

Christian people around the world celebrate Pancake Day in different ways.

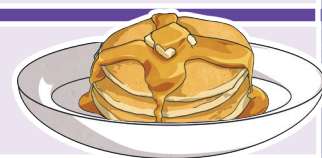
France, America and Brazil - 'Mardi Gras' or 'Fat Tuesday' carnival.

Sweden - Fettisdagen. A pastry called semla is eaten.

Iceland - 'Sprengidagur' or 'Day of Bursting'. Salted meat and peas are eaten.

Finland - Green pea soup and pastries are eaten.

Greece - 'Apocreas' or 'from the meat'. Many Greek people who are Christian give up meat during Lent.



Pancake Facts

- An estimated 52 million eggs are eaten each year on Pancake Day.
- The world record for the most pancake flips in one minute is 140.
- The largest pancake made was 15m wide and weighed 3000kg.

Glossary

abstain: To stop doing or enjoying something.

verger: The person who acts as caretaker or attendant in a church.

Questions

1. What is a verger? Tick one.

- a type of pancake
- a caretaker or attendant in a church
- a carnival
- a type of running race

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

- sweets
- chocolates
- soup
- meat

3. Find and copy one word that shows that people spoil themselves on Shrove Tuesday.

4. How long does Lent last for?

5. How many flips would you have to do in one minute to beat the world record?

6. **An estimated 52 million eggs are eaten each year on Pancake Day.**

Why do you think the author has used the word 'estimated' in this sentence?

7. **Legend has it that a woman heard the church bells ringing as she was making pancakes in 1445.**

Explain in your own words what you think the phrase 'legend has it' means.

8. Why do you think Pancake Day is known as the 'Day of Bursting' in Iceland?

Answers

1. What is a verger? Tick one.

- a type of pancake
- a caretaker or attendant in a church**
- a carnival
- a type of running race

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

- sweets
- chocolates
- soup
- meat**

3. Find and copy one word that shows that people spoil themselves on Shrove Tuesday.

indulge

4. How long does Lent last for?

Lent lasts for 40 days.

5. How many flips would you have to do in one minute to beat the world record?

You would need to do 141 flips in a minute to beat the world record.

6. **An estimated 52 million eggs are eaten each year on Pancake Day.**

Why do you think the author has used the word 'estimated' in this sentence?

Pupils' own responses, such as: I think that the author has used the word 'estimated' because it would be almost impossible to work out the exact number of eggs eaten each year on Pancake Day.

7. **Legend has it that a woman heard the church bells ringing as she was making pancakes in 1445.**

Explain in your own words what you think the phrase 'legend has it' means.

Pupils' own responses, such as: The phrase 'legend has it' means that there is a myth or story from history that tells about something happening.

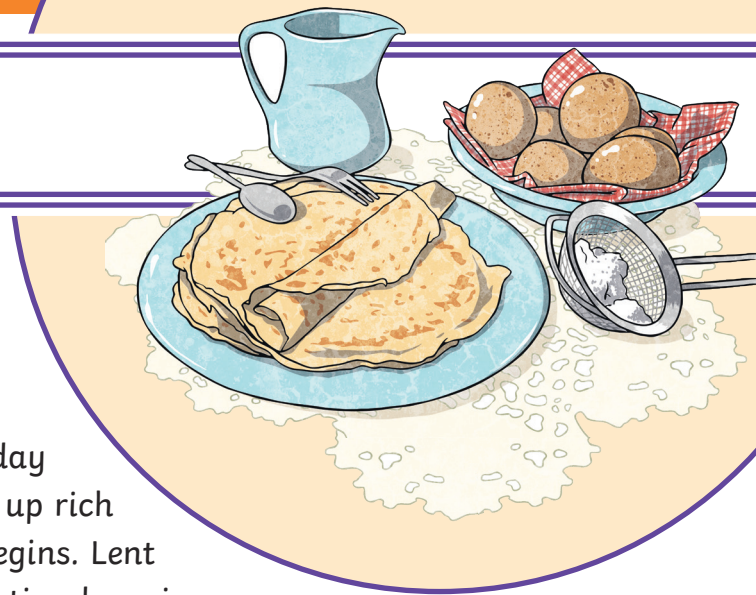
8. Why do you think Pancake Day is known as the 'Day of Bursting' in Iceland?

Pupils' own responses, such as: I think Pancake Day is known as the 'Day of Bursting' 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!

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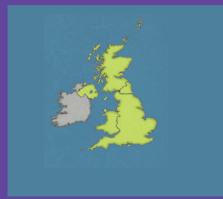
Pancake Day



Pancake Day, which is also known as Shrove Tuesday, is a Christian festival that has been celebrated by Christian people for over 1000 years. Traditionally, people celebrate by making pancakes. Shrove (which means 'forgiven') Tuesday is the last chance to indulge in a treat by using up rich food, such as fat, butter and eggs, before Lent begins. Lent is a time when Christian people **abstain** from eating luxurious foods in order to help them focus on Jesus and the sacrifice that he made by dying on the cross.

Pancake Day Traditions

Across the United Kingdom, there are different traditions associated with Pancake Day.



In Northern Ireland, pancakes used to be cooked over an open fire while families and friends gathered together. The eldest, unmarried daughter of the family would toss the first pancake. If she tossed it successfully, it was believed that she would get married that year. However, if it did not turn over or if she dropped it, it was believed that she would remain unmarried.

In some parts of Wales, on the evening before Shrove Tuesday, tin cans were kicked up and down the streets. This was done to remember the task of putting away all the pots, pans and utensils used to make the food that was forbidden during Lent. In Wales, pancakes are known as 'crempog' or 'ffroes' and are thicker than traditional pancakes. Traditionally, they were cooked on a cast-iron bakestone, griddle or 'planc'.

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

In Buckinghamshire, England, a famous pancake race takes place every year. 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, people take part in the race by wearing an apron, hat or scarf while carrying a pan containing a pancake.

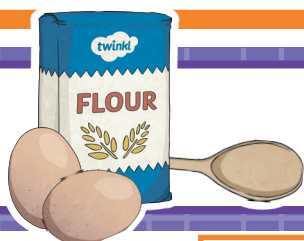
Pancakes must be flipped three times during the race and the winner is the first person to cross the finish line, serve their pancake and kiss the church **verger**!



Pancake Day Around the World

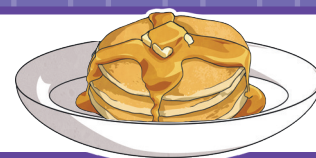
Christian people all over the world celebrate Shrove Tuesday although the name and traditions vary from country to country.

In France, America and Brazil, Shrove Tuesday is known as 'Mardi Gras' or 'Fat Tuesday' carnival. In Sweden, it is called 'Fettisdagen', which means 'Fat Tuesday', and a pastry called semla is eaten rather than pancakes. The festival is called 'Sprengidagur' or 'Day of Bursting' in Iceland and people eat salted meat and peas in the lead-up to Lent. Similarly in Finland, green pea soup and pastry is eaten. 'Apocreas', meaning 'from the meat', is the Greek name for Shrove Tuesday and Greek people who are Christian often give up meat during Lent.



Pancake Recipe

Makes 12 pancakes



Remember to always ask an adult to help you before you start cooking or preparing food.

Ingredients

- 100g plain flour
- 2 large eggs
- 300ml milk
- 1 tbsp sunflower or vegetable oil, plus a little extra for frying.
- A pinch of salt
- Lemon wedges, to serve (optional)
- Caster sugar, to serve (optional)

Method

1. Put the flour, eggs, milk, oil and a pinch of salt into a bowl or large jug and whisk to make a smooth batter.
2. Set aside for 30 minutes to rest if you have time. Otherwise, start cooking straight away.
3. Wipe a medium-sized frying pan with some oiled kitchen paper and set over a medium heat.
4. When hot, place a tablespoon of pancake mixture into the pan and cook for 1 minute on each side until golden. If you cannot toss your pancake, use a spatula to turn it instead.
5. Serve with lemon and caster sugar or a topping of your choice.

Glossary

abstain: To stop doing or enjoying something.

verger: The person who acts as caretaker or attendant in a church.

Questions

1. What is a Welsh name for pancakes? Tick one.

- drop scones
- semla
- crempog
- planc

2. How many eggs would you need to make 6 pancakes? Tick one.

- 2
- 1
- 3
- 6

3. Give the name of the period when Christian people reflect on and remember that Jesus died on the cross.

4. In what country is semla eaten instead of pancakes?

5. Look at the section called **Pancake Day Traditions**.

Find and copy one word from the text that means 'not allowed'.

6. Give an appropriate sub-heading for the first paragraph of the text.

7. Explain in your own words why people in Buckinghamshire take part in a race carrying a pancake in a frying pan.

8. Why do Christian people choose to avoid indulgent food during Lent?

9. Summarise what you have learnt about Pancake Day traditions in 30 words or fewer.

Answers

1. What is a Welsh name for pancakes? Tick one.

- drop scones
- semla
- crempog**
- planc

2. How many eggs would you need to make 6 pancakes? Tick one.

- 2
- 1**
- 3
- 6

3. Give the name of the period when Christian people reflect on and remember that Jesus died on the cross.

Lent is the name of the period when Christian people reflect on and remember that Jesus died on the cross.

4. In what country is semla eaten instead of pancakes?

In Sweden, a pastry called semla is eaten rather than pancakes.

5. Look at the section called **Pancake Day Traditions**.

Find and copy one word from the text that means 'not allowed'.

forbidden

6. Give an appropriate sub-heading for the first paragraph of the text.

Pupils' own responses, such as: What Is Pancake Day?

7. Explain in your own words why people in Buckinghamshire take part in a race carrying a pancake in a frying pan.

Pupils' own responses, such as: People in Buckinghamshire take part in a race carrying a pancake in a frying pan in memory of a legend from 1445, which says that a woman was making pancakes when she heard church bells ringing so ran to church carrying a frying pan.

8. Why do Christian people choose to avoid indulgent food during Lent?

Pupils' own responses, such as: Lent is the period of time before Easter and Christian people believe that avoiding luxurious food during this time helps them to focus on the sacrifice made by Jesus when he died on the cross.

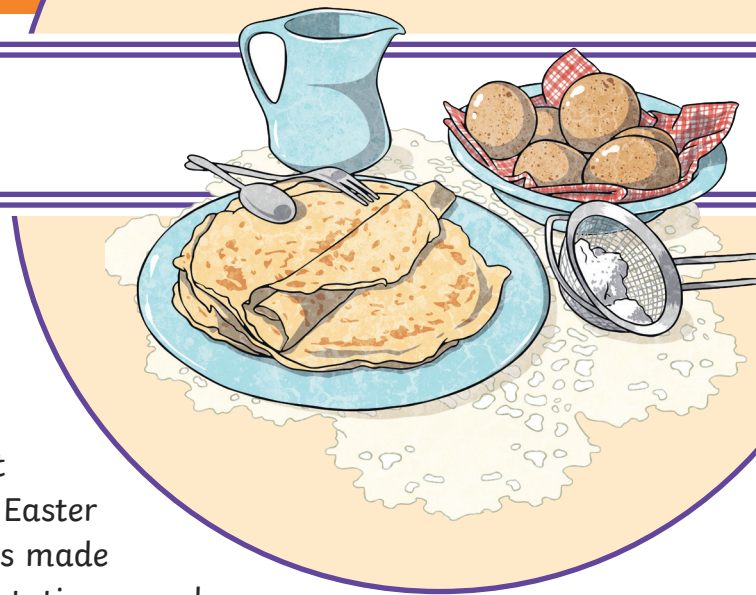
9. Summarise what you have learnt about Pancake Day traditions in 30 words or fewer.

Pupils' own responses, such as: Pancake Day is celebrated in different ways throughout the UK. Welsh and Scottish pancakes are thicker and in Northern Ireland, they are cooked over an open fire.

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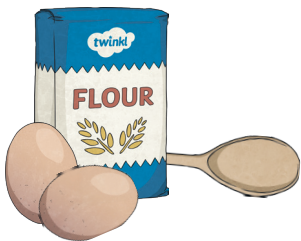
Pancake Day



Pancake Day (also known as Shrove Tuesday) is a Christian festival that has been celebrated by Christian people for over 1000 years. Shrove Tuesday is the last day before Ash Wednesday: the start of Lent. Lent is a time when Christian people fast or deny themselves certain indulgent foods; it takes place during the six weeks before Easter so that they can focus on the sacrifice that Jesus made by dying on the cross. Therefore, to remove temptation, people use up perishable foods, such as butter and eggs, by making pancakes: the last chance to indulge before a period of abstinence and self-restraint.

A pancake is a thin, flat cake made of batter that is fried in a frying pan. Lemon juice and caster sugar are traditional toppings although more elaborate combinations, such as fruit and chocolate sauce, are popular today.

The ingredients for pancakes are thought to symbolise different things:



- Eggs – creation/new life
- Flour – a staple food, especially bread
- Salt – wholesomeness
- Milk – purity

The pancake is referenced in cookery books as far back as 1439 and the tradition of tossing them is almost as old. It is referred to in a text by Pasquil in 1619 and reads, 'And every man and maide doe take their turne, And tosse their pancakes up for feare they burne.'

Although it is celebrated by Christian people across the world, there are different names, traditions and stories associated with Shrove Tuesday. In Northern Ireland, the flipping of pancakes used to hold particular significance for the eldest, unmarried daughter of a family. She would toss the first pancake and if it landed back in the pan, it was believed that she would marry later that year. However, if the pancake did not turn over or if she dropped it, it was believed that she would remain unmarried that year.



In some parts of Wales, on the evening before Shrove Tuesday, tin cans were kicked up and down the streets. This was done to remind residents to put away all the pots, pans and utensils used to make the food that was prohibited during Lent.

In Buckinghamshire, England, a famous pancake race takes place every year. Legend has it that in 1445, a woman heard the church bells ringing as she was making pancakes. So as not to be late, she ran to church still holding the frying pan and pancake. Today, people take part in the race by wearing an apron, hat or scarf while carrying a pan containing a pancake. Pancakes must be flipped three times during the race and the winner is the first person to cross the finish line, serve their pancake and kiss the verger (a church official).

In some parts of the world, savoury food is eaten as opposed to sweet pancakes. For example, at 'Apocreas' (meaning 'from the meat'), Greek people use up meat products before abstaining from it during Lent. In Iceland, people eat salted meat and peas and the day is called 'Sprengidagur' or 'Day of Bursting.'

The main ingredients for pancakes are flour, milk, eggs and butter (or more recently, oil). Therefore, the consumption of these products in the lead-up to Shrove Tuesday rises considerably. It is estimated that in Britain, people consume 52 million eggs on Pancake Day, which is 22 million more than any other day. Another surprising estimation is that around 117 million pancakes are eaten on Pancake Day, which requires enough milk to fill more than 93 Olympic swimming pools and almost 13 million kilos of plain flour.

There are many world records associated with pancakes, such as the most number of tosses and the highest stack of pancakes.



Record	Details
Tallest stack of pancakes	8 th February 2016 - the tallest stack of pancakes is 101.8cm and consists of 213 pancakes.
Most people tossing pancakes	15 th February 2012 – the most people tossing pancakes is 890. 930 participants attended but 40 were disqualified for dropping their pancakes.
Highest pancake toss	13 th November 2010 – the highest pancake toss was measured at 9.47m and was tossed by Dominic Cuzzacrea in the USA.
Largest pancake	13 th August 1994 – the largest pancake measured 15.01m in diameter and 2.5cm in depth and was made in Greater Manchester, UK.
Fastest marathon flipping a pancake	24 th October 1999 – Mike Cuzzacrea completed a marathon in the USA in 3 hours, 2 minutes and 27 seconds while continuously flipping a pancake in a frying pan.

Questions

1. How many eggs are estimated to be used in Britain on any day other than Shrove Tuesday? Tick one.

- 52 million
- 93 million
- 30 million
- 22 million

2. How thick was the largest pancake ever made? Tick one.

- 15m
- 9.47m
- 101.8cm
- 2.5cm

3. What is the day after Shrove Tuesday called?

4. Find and copy one word that shows that Christian people refrain from eating certain foods during Lent.

5. Fill in the missing words.

The main ingredients for pancakes are flour, milk, eggs and butter (or more recently, oil).

Therefore, the _____ of these products in the lead-up to Shrove

Tuesday rises _____.

6. Why do you think that eggs are a symbol of creation and new life?

7. Explain one way in which Shrove Tuesday is celebrated differently in another country compared to the United Kingdom.

8. What industries do you think benefit each year from Shrove Tuesday? Use evidence from the text to support your answer.

9. How are the world records for the 'highest pancake toss' and the 'fastest marathon flipping a pancake' linked?

10. Summarise what you have learnt about Pancake Day traditions in 20 words or fewer.

Answers

1. How many eggs are estimated to be used in Britain on any day other than Shrove Tuesday? Tick one.

- 52 million
- 93 million
- 30 million**
- 22 million

2. How thick was the largest pancake ever made? Tick one.

- 15m
- 9.47m
- 101.8cm
- 2.5cm**

3. What is the day after Shrove Tuesday called?

The day after Shrove Tuesday is called Ash Wednesday.

4. Find and copy one word that shows that Christian people refrain from eating certain foods during Lent.

abstinence

5. Fill in the missing words.

The main ingredients for pancakes are flour, milk, eggs and butter (or more recently, oil). Therefore, the **consumption** of these products in the lead-up to Shrove Tuesday rises **considerably**.

6. Why do you think that eggs are a symbol of creation and new life?

Pupils' own responses, such as: I think that eggs are a symbol of creation and new life because chicks and other animals are born from eggs. At Easter, Christian people eat Easter eggs because they are a symbol of new life too.

7. Explain one way in which Shrove Tuesday is celebrated differently in another country compared to the United Kingdom.

Pupils' own responses, such as: Shrove Tuesday is celebrated differently in Greece than in the United Kingdom because in the UK, people eat sweet foods, such as pancakes. However, in Greece, people use up savoury foods and then give up meat during Lent.

8. What industries do you think benefit each year from Shrove Tuesday? Use evidence from the text to support your answer.

Pupils' own responses, such as: I think that the egg and milk industries must benefit from Shrove Tuesday each year. This is because they are two of the main ingredients in pancakes and it says in the text that 117 million pancakes are eaten on Pancake Day.

9. How are the world records for the 'highest pancake toss' and the 'fastest marathon flipping a pancake' linked?

Pupils' own responses, such as: The world records are linked because they were both achieved by men with the surname Cuzzacrea. This would suggest that perhaps Dominic and Mike are related.

10. Summarise what you have learnt about Pancake Day traditions in 20 words or fewer.

Pupils' own responses, such as: Pancake Day is a Christian festival that comes before Lent and is celebrated around the world in many different ways.