

HELLO!

Do you like pancakes? What are your favourite toppings? Try cracking the anagrams below for some suggestions.

How good are you at flipping pancakes? Have you ever dropped one on the floor or got one stuck to the ceiling?

I wonder if you have wondered why we eat pancakes on Pancake Day? Why is it even called Pancake Day or Shrove Tuesday? What is a shrove? Why is the next day called Ash Wednesday and what is Lent all about? Is it something you borrowed and forgot to give back? This is what we'll be discovering. You'll also have the chance to draw on a pancake and solve a few puzzles.

Fun facts

- The date of Shrove Tuesday is related to the date of Easter and
- The earliest Shrove Tuesday can be is 3 February.
- The latest Shrove Tuesday can be is 9 March.
- The most people to flip a pancake at the same time in the same place is 890 – in Sheffield in 2012.
- The largest pancake ever recorded was created in 1994, measuring 15.01 metres in diameter and weighing 3 tonnes.
- The world record for the most pancake flips is 140 flips in one minute by Australian celebrity chef Brad Jolly.
- The oldest pancake race happens in Olney in Buckinghamshire – it was first run in 1445.

PUZZLE

CAN YOU UNTANGLE THESE TASTY TOPPINGS?

ASGRU EONML

DOHCCAETL DRAEPS

PYUSR



WHAT IS PANCAKE DAY ALL ABOUT?

The missing words are:

FOOD
TUESDAY
WEDNESDAY
JESUS
LENT
ASH

CHOOSE FROM THE WORDS TO THE LEFT TO FILL IN THE GAPS.

Pancake Day is often called Shrove _____

But why do we even have pancakes?

The Bible (Matthew chapter 4 verses 1 and 2) tells us that _____ went into the wilderness by himself for 40 days to fast (that means go without _____) and spend time alone with God.

Christians aim to live as Jesus lived and so they have 40 days called _____ from the old English word 'Lencten' meaning 'springtime'. This is when Christians often live more simply and spend more time with God, reading the Bible or in prayer.

So how do Shrove Tuesday and Ash _____ the first day of Lent, get their names? _____

Wednesday is so called because on that day palm branches were burnt and their ashes were used to mark a cross on the foreheads of Christians, as a symbol of saying sorry to God for sins they had done and of wanting to live simply.

And because they would be fasting throughout Lent, they wanted to make sure their homes weren't full of fatty food to tempt them, so they ate them all up on the day before. That is why the day is known as Pancake Day. Churches also held a special service called a Shrivng service on this day. Shrivng means saying sorry and being forgiven, so that people would be spiritually clean for Lent. This is where the name Shrove Tuesday comes from – everyone went to church to be 'shriven'.



THE PANCAKE page

During Lent Christians often choose to live more simply and in a way that brings them closer to God. You can draw or write one or more ideas of things people might stop doing or might start doing to show this.



PANCAKE RECIPE

- 1 Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.
- 2 Set aside for 30 minutes to rest if you have time, or start cooking straight away.
- 3 Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.
- 4 When hot, cook your pancakes for 1 minute on each side until golden, keeping them warm in a low oven as you go.
- 5 Serve with lemon juice and caster sugar, or your favourite filling. Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to two months.

Recipe from *Good Food* magazine, February 2013

Question

While Jesus was in the wilderness he was tempted to turn stones into bread because he was hungry. What are your favourite foods? What are you tempted to eat too much of?

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Either read Matthew 4:1–12 in a Bible and describe how Jesus must have felt during his 40 days... or imagine you're taking part in a pancake race and describe what happens.

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