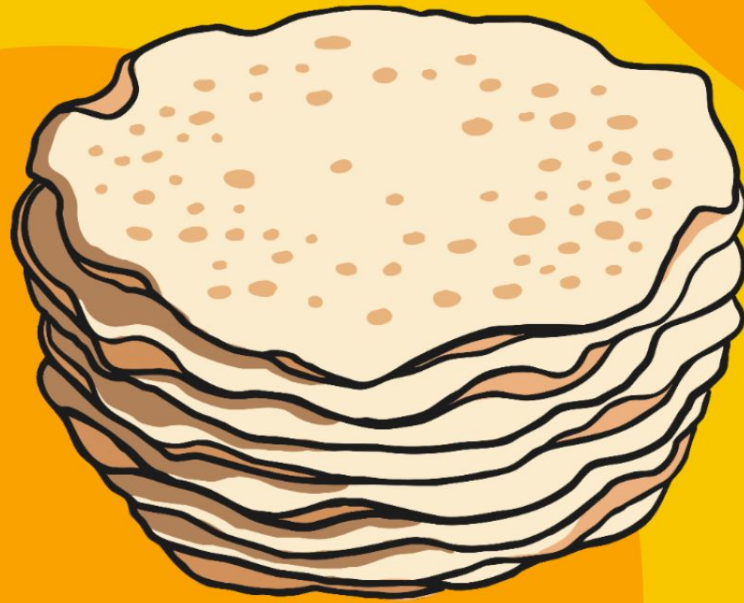


# All about Pancake Day



# What Is Pancake Day?

Pancake Day is also called Shrove Tuesday.

It is celebrated on the Tuesday before Lent begins.

Lent is a time when Christians are getting ready for Easter.



# Why Do People Eat Pancakes on Shrove Tuesday?



In the past, people gave up food like eggs, milk and sugar at Lent.



The day before Lent began, they would use up all these foods by making pancakes.



That is why people eat pancakes on Pancake Day!

# What Are Pancakes Made From?

Pancakes are made from batter. The batter is made using:



flour

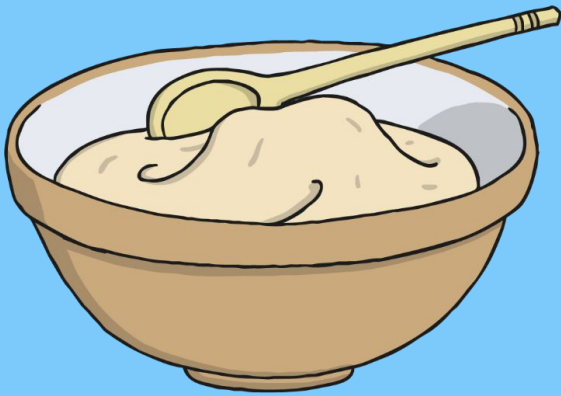


eggs



milk

# How Do We Make Pancakes?

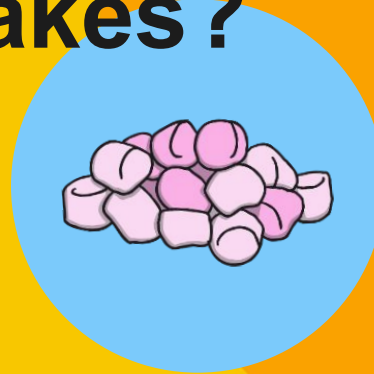
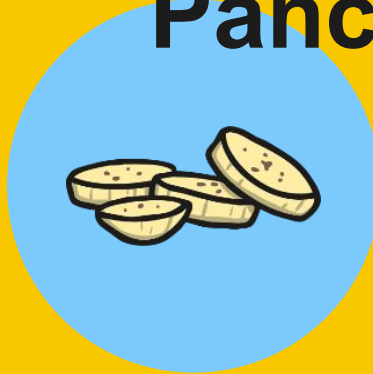


We mix all these ingredients together.



Then we put the batter in a frying pan and cook it.

# How Do We Eat Pancakes?



When the pancake is cooked, we serve it with our favourite toppings, like lemon juice and sugar.

**What is your favourite topping?**



# Pancake Racing

People often have pancake races.

They run, sometimes in fancy dress, whilst tossing a cooked pancake in a frying pan at the same time.

The first person to cross the finish line is the winner!



# How Do Other Countries Celebrate Pancake Day?







# Sweden

The Swedish call Pancake Day 'Fettsdagen', which means 'Fat Tuesday'. They eat a pastry called Semla instead of pancakes.





# Brazil

Pancake Day is called 'Mardi Gras' here as well as many other Catholic and Protestant countries.





# Estoni a

Pancake Day is 'Vastlapäev' in Estonia and they eat pea soup along with cream buns called 'Vastlakukkel'. People also go sledging.





# Iceland

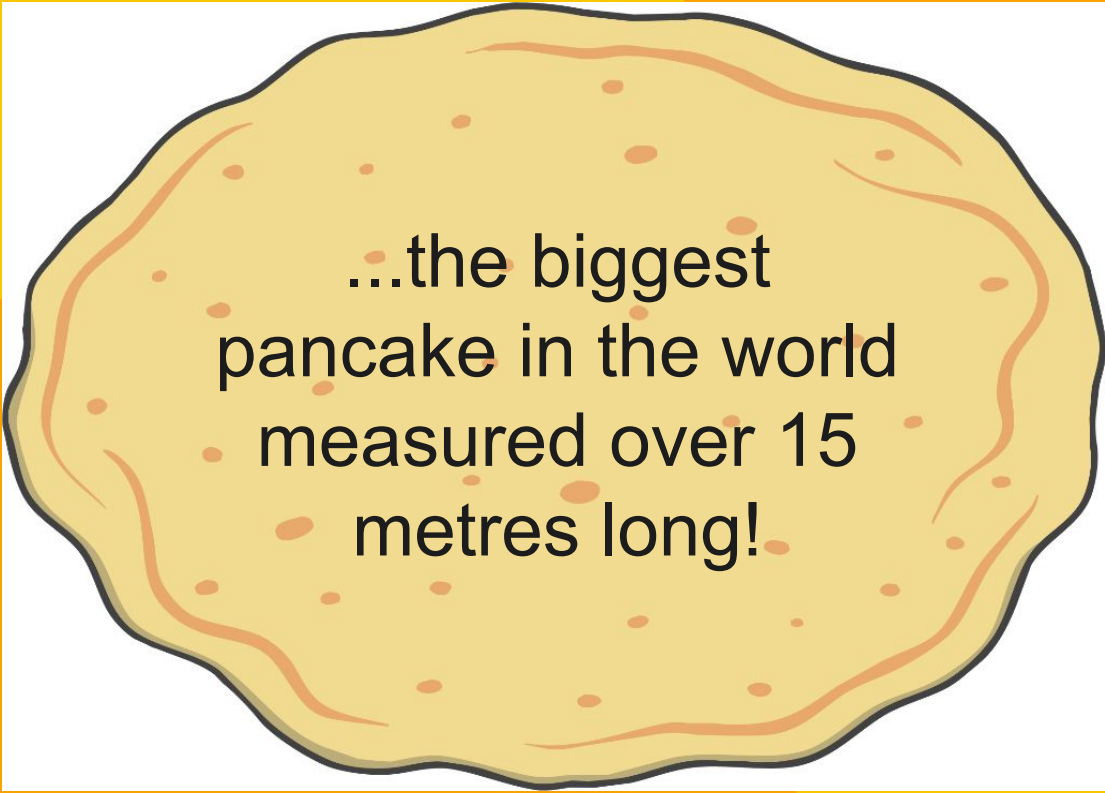
Iceland call their Pancake Day 'Sprengidagur', which means 'Bursting Day'. They eat salted meats and peas.



# Fun

## Fact

Did you know...



...the biggest  
pancake in the world  
measured over 15  
metres long!

