

# What do I need?

Printed copy of pages 3-4

Colouring pens or pencils

Paper plate

Glue

Sticky tape

Lolly sticks

Cardboard

String



# Shrove Tuesday



## What do I do?

Look at pages 2-3 to find out about the Christian celebration of Shrove Tuesday and learn the key words with our pancake day word search.

Now it's time to get creative! Using the template on page 4, design a pancake with your topping of choice. You can include any of your favourite foods and they can be sweet or savoury. Popular pancake toppings include: lemon juice and sugar; maple syrup; chocolate spread; jam; peanut butter; fruit; and ham and cheese.

Once you're happy with your design, cut around the outside of the pancake and stick it onto a piece of cardboard. Cut around the cardboard so it lines up with your pancake design.

Stick 3-4 lolly sticks together with your sticky tape to make one very wide stick. Tape one end of the wide stick to the underside of your paper plate, leaving about two-thirds sticking out to make a frying pan handle.

Now, pierce a hole at one end of your pancake and another hole at the edge of your paper plate opposite the frying pan handle. Cut a length of string about 30cm long. Thread the string through both holes, tying a knot at each end to keep it in place. The pancake should now be loosely connected to your frying pan.

Compete against your friends to see how many times you can flip your pancake in a row without it falling off the frying pan!  
How many flips can you do?



# Shrove Tuesday or Pancake Day

Shrove Tuesday is the final day before Lent in the Christian calendar. 'Shrove' comes from the English verb 'to strive', meaning to confess sin.

Lent is a 40-day period (excluding Sundays) that begins on Ash Wednesday and ends in the Christian festival of Easter. During Lent, Christians commemorate the 40 days and 40 nights Jesus spent fasting in the desert by giving up some of the luxuries in their own lives.

Traditionally, Christians give up meat, eggs and dairy foods including butter and milk. However, today many people instead choose to give up favourite foods like chocolate as a way of practicing self-discipline.

So, why do we eat pancakes on Shrove Tuesday? As Shrove Tuesday was the day before food abstinence began, it became a day for using up all the foods that could or would not be eaten during Lent. Pancakes were a simple way of using up eggs, butter and milk, and the tradition of cooking them on Shrove Tuesday brought about an alternative name in Britain - Pancake Day! Similarly, in France and the USA it is also as Mardi Gras, or 'Fat Tuesday'.



In Spain, Christians celebrate a week-long 'Fiesta de Carnaval' beginning on the Thursday before Lent. The first day of Carnaval is known as Día de la tortilla, or 'Day of the Omelette'. Although celebrations differ from place to place, the idea is always to clean out the fridge and pantry before Lent begins.





# Shrove Tuesday word search

C	E	E	E	S	H	R	O	V	E	T	I	D	E
H	S	G	A	N	O	I	S	S	E	F	N	O	C
R	E	E	G	S	E	D	S	I	N	S	E	C	S
I	C	S	H	S	S	E	K	A	C	N	A	P	A
S	N	S	L	E	N	T	D	E	V	S	O	H	H
T	A	F	O	I	A	E	R	S	R	M	S	R	S
I	N	L	E	H	N	E	W	E	H	F	I	A	I
A	E	O	D	D	G	R	A	K	N	R	D	L	S
N	P	U	R	S	E	S	U	S	O	E	I	S	K
I	A	R	M	Y	T	P	A	O	T	Y	E	V	E
T	M	A	R	D	I	G	R	A	S	E	H	E	E
Y	Y	A	D	S	E	U	T	E	V	O	R	H	S
Y	Y	A	D	S	E	N	D	E	W	H	S	A	S
C	N	S	Y	A	D	Y	T	R	U	O	F	I	U

Shrove Tuesday

Pancake

Easter

Ash Wednesday

Shrive

Lent

Mardi Gras

Shrovetide

Penance

Eggs

Confession

Christianity

Milk

Sins

Lent

Flour



# My pancake design

