

# Pancake Day



## What Is Pancake Day? 🔍

Pancake Day is also called Shrove Tuesday.

It is the last day before Lent begins.

Lent is the time leading up to Easter when people often give up something. People were not allowed to eat foods such as eggs in the past before Lent began. They would make pancakes to use these foods up.



## Pancake Day Racing 🔍 Some people run races on Pancake Day.

One of the most famous races is in Buckinghamshire. People wear an apron and run with a pancake in a frying pan.

They have to toss a pancake at the beginning and end of the race.



**The biggest pancake in the world was over 15 metres!**



**A man ran a marathon while tossing a pancake in 1994.**



## 🔍 Amazing Facts

**Pancake Day is known as 'Fat Tuesday' in Sweden.**

# Questions

1. What is Pancake Day also called? Tick one.
  - Feast Day
  - Shrove Tuesday
  - Food Day
2. Lent is the time leading up to... Tick one.
  - Christmas
  - Pancake Day
  - Easter
3. What do people wear to run the race in Buckinghamshire? Tick one.
  - aprons
  - hats
  - trousers
4. How many times do you have to toss the pancake in the race? Tick one.
  - one time
  - two times
  - three times
5. The biggest pancake in the world was over... Tick one.
  - 10 metres
  - 20 metres
  - 15 metres

# Answers

1. What is Pancake Day also called? Tick one.

- Feast Day
- Shrove Tuesday**
- Food Day

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# Pancake Day

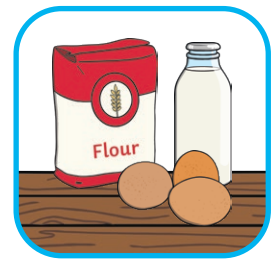


## What Is Pancake Day?

Pancake Day is also known as Shrove Tuesday.

It is the last day before the start of Lent.

Christian people often give something up during Lent. People were not allowed to eat rich foods such as eggs in the past during Lent. They used these foods up before Lent by mixing them together to make pancakes.



## Pancake Day Racing

Pancake racing is very popular all over the UK.







Lots of people gather together in fancy dress to toss pancakes while running. The most famous race happens every year in Buckinghamshire, where people run wearing an apron and carry a pancake in a frying pan. Runners have to toss their pancake at the start and finish line.



## How Is Pancake Day Celebrated Around the World?

Pancake Day is celebrated all over the world and has many different names.

It is known as 'Fat Tuesday' in Sweden.  
People eat a pastry called semla.

- ...  It is called 'Carnival' in Portugal and people eat sweet dough balls that are like doughnuts.  ...
- ...  It is called 'Bursting Day' in Iceland.  ...
- ...  People eat meat and peas on this day unlike in the UK.  ...

The biggest pancake in the world measured over 15 metres and was made in the UK.

 Amazing Facts

# Questions

1. Which food was not eaten during Lent in the past? Tick one.

- bananas
- bread
- eggs

2. Draw **three** lines to match the sentences.

Runners have to  
toss their pancake

Pancake Day is also

Christian people often

known as  
Shrove Tuesday.

at the start and  
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give something  
up during Lent.

3. What is Pancake Day called in Sweden? Tick one.

- 'Carnival'
- 'Fat Tuesday'
- Ash Wednesday

4. How big was the biggest pancake ever made?

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5. Fill in the missing word.

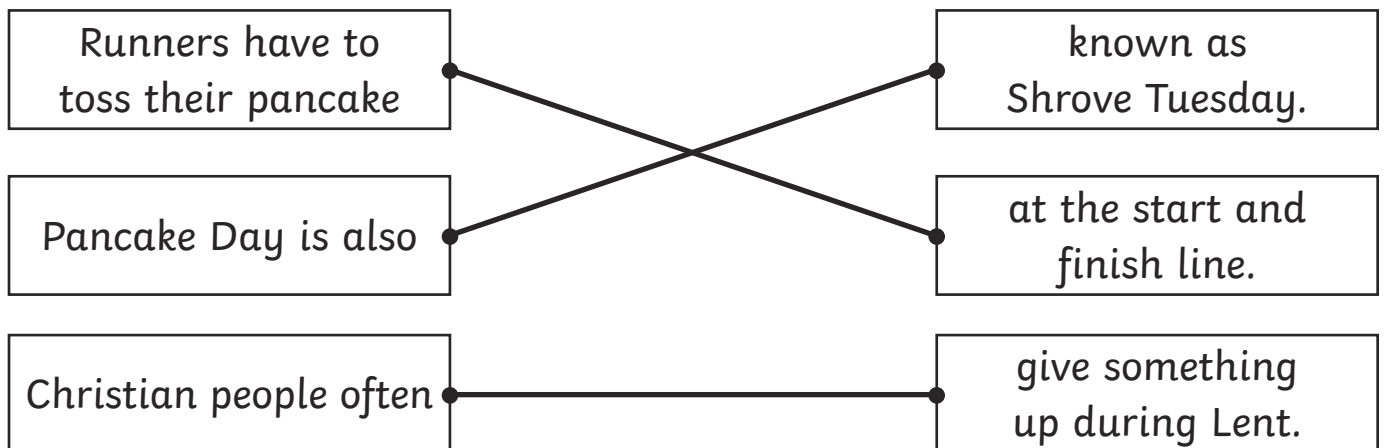
Pancake racing is very \_\_\_\_\_ all over the UK.

# Answers

1. Which food was not eaten during Lent in the past? Tick one.

- bananas  
 bread  
 **eggs**

2. Draw **three** lines to match the sentences.



3. What is Pancake Day called in Sweden? Tick one.

- 'Carnival'  
 **'Fat Tuesday'**  
 Ash Wednesday

4. How big was the biggest pancake ever made?

**The biggest pancake was 15 metres.**

5. Fill in the missing word.

Pancake racing is very **popular** all over the UK.

# Pancake Day

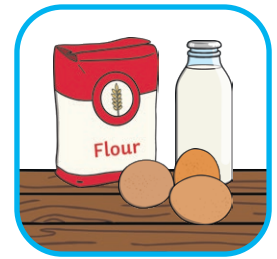


## What Is Pancake Day? 🔍

Pancake Day is also known as Shrove Tuesday.

In Christianity, Shrove Tuesday is the feast day before the start of Lent.

Lent begins on the following day which is Ash Wednesday. Lent is the 40 days leading up to Easter. People gave up certain foods in the past during Lent. People went to church on Shrove Tuesday to **confess** their sins. They were called by a bell known as the 'pancake bell'.



## Pancake Day Racing

Celebrations for Pancake Day include pancake races.

Celebrations for Pancake Day include pancake races. In some areas, people gather together to join in races where they toss pancakes. Rules for the races vary. In some, the aim is to flip the pancake as many times as possible. In others, the pancake has to be tossed at the beginning and end of the running race. This happens in Olney, Buckinghamshire.

**Tradition** suggests that a woman heard a 'pancake bell' when making pancakes in 1445. Still holding her frying pan, she ran to the church in her apron and from then on, the race continued.





## Amazing Facts

The biggest pancake in the world measured over 15 metres and was made in the UK.

In 1994, a man ran a marathon while tossing a pancake. He completed it in just over three hours!

## How Is Pancake Day Celebrated Around the World?

Pancake Day is celebrated globally and has many different names.

In Sweden, it is known as 'Fettsdagen' which means 'Fat Tuesday'. Traditionally, Swedish people eat a pastry called semla.

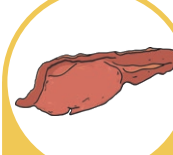
In Portugal, 'Carnival' is the chosen name. People eat 'malasadas' which are like doughnuts.

Iceland call their day 'Sprengidagur' which means 'Bursting Day'. Unlike the UK, salted meat and peas are consumed.

## Popular Toppings

Some people like sweet pancakes and others like savoury.

Here are some delicious suggestions.  
Which of these varieties would you choose?



Glossary



**confess:**

To admit to something.

**consumed:**

To have eaten.

**tradition:**

Something that was done in the past and that has been passed on.



# Questions

1. Find and copy one word that means the same as 'admit'.

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2. What is Pancake Day also known as? Tick one.

- Shrove Tuesday  
 Ash Wednesday  
 Lent

3. How many days are there in Lent? Tick one.

- 50 days  
 40 days  
 30 days

4. Fill in the missing word.

Some people like sweet pancakes and others like \_\_\_\_\_.

5. What is Pancake Day called in Portugal?

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6. Why do you think people eat different foods around the world on Pancake Day?

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# Answers

1. Find and copy one word that means the same as 'admit'.

**confess**

2. What is Pancake Day also known as? Tick one.

**Shrove Tuesday**

Ash Wednesday

Lent

3. How many days are there in Lent? Tick one.

50 days

**40 days**

30 days

4. Fill in the missing word.

Some people like sweet pancakes and others like **savoury**.

5. What is Pancake Day called in Portugal?

**Pancake Day is called 'Carnival' in Portugal.**

6. Why do you think people eat different foods around the world on Pancake Day?

**Pupils' own responses, such as: I think people eat different foods around the world on Pancake Day because everyone will have their own foods that they enjoy.**