

Mother's Day

How Did Mother's Day Begin?

In the 16th century, Christians would go back to their 'mother' church. This might have been the main church in their town, the church they had been baptised in, or the cathedral.

Often, children left home at ten years old, and got jobs in domestic service. Girls became maids in big houses and boys worked in the stables looking after the horses. They lived in the same place where they worked and were not allowed to go home very often.

Visiting Mother

On Mothering Sunday, children were allowed to go home and see their mother.

As they walked home, they would pick wild flowers along the paths and give these to their mothers.

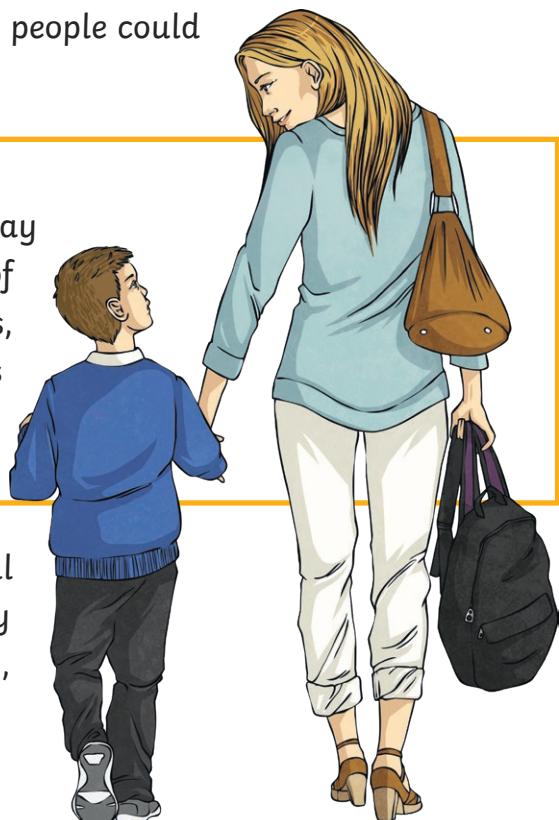
Refreshment Sunday

Mothering Sunday is always on the fourth Sunday of Lent. This day was also called Refreshment Sunday. This was because during Lent, people did not eat food that was not good for you. On Refreshment Sunday, the rules about Lent were not as strict and people could eat a wider range of foods.

Did You Know...?

Simnel cake is a traditional Mother's Day cake. It is decorated with 11 balls of marzipan. These represent the 12 disciples, but one of them, Judas, handed Jesus over to the soldiers, so Judas is left off the simnel cake!

Mother's Day is a great chance to thank all the amazing women in our lives for all they do. It could be our Grandma, Nana, Aunty, guardian, sister, carer or Mum.



Questions

1. How old would children be when starting domestic service in the 16th century? Tick **one**.

- 16
- 10
- 12
- 8

2. Which people would go back to their mother church in the 16th century?

3. Draw lines to match the sentences together.

Children were not allowed	in the stables.
Boys worked	in the same place where they worked.
Children lived	to go home very often.
Girls became	maids in big houses.

4. What did the children give to their mothers on Mothering Sunday?

5. On what day is Mother's Day? Tick **one**.

- The fifth Sunday of Lent
- The first Sunday of Lent
- The final Sunday of Lent
- The fourth Sunday of Lent

6. What other name did Mothering Sunday have? Tick **one**.

- Lent
- Simnel Sunday
- Refreshment Sunday
- Mummy's Day

7. What is a Simnel cake? Explain your answer fully.

Answers

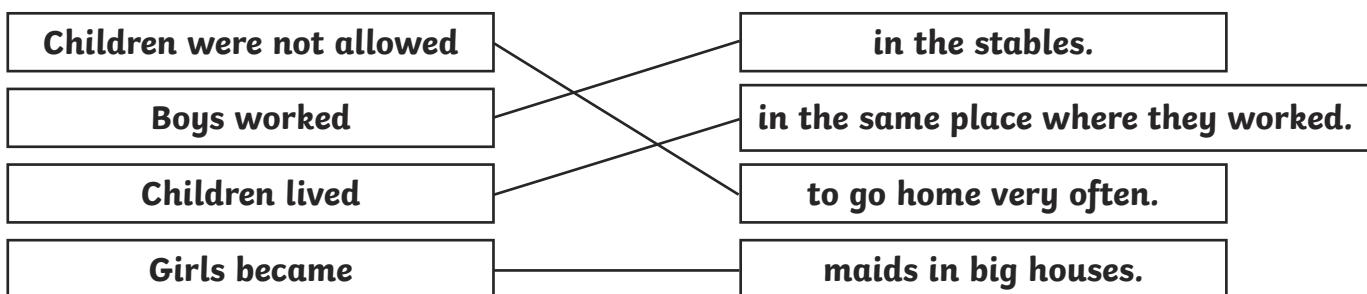
1. How old would children be when starting domestic service in the 16th century? Tick **one**.

- 16
- 10
- 12
- 8

2. Which people would go back to their mother church in the 16th century?

Christians

3. Draw lines to match the sentences together.



4. What did the children give to their mothers on Mothering Sunday?

Wild flowers

5. On what day is Mother's Day? Tick **one**.

- The fifth Sunday of Lent
- The first Sunday of Lent
- The final Sunday of Lent
- The fourth Sunday of Lent

6. What other name did Mothering Sunday have? Tick **one**.

- Lent
- Simnel Sunday
- Refreshment Sunday
- Mummy's Day

7. What is a Simnel cake? Explain your answer fully.

Pupil's own response, such as: A Simnel cake is a traditional cake given on Mother's Day. There are 11 balls of marzipan that represent the 12 disciples. One of the balls is left off because Judas (who was one of the disciples) handed Jesus over to the soldiers.

Mother's Day

How Did Mother's Day Begin?

On this day, during the 16th century, Christians would return to their 'mother' church. This was the main church in the town, the church they had been baptised in, or the cathedral.

Visiting Mother

At that time, it was common for children to leave home, usually as young as ten years old, and get a job in domestic service. This would mean they lived at the place where they worked, and were not allowed home very often.

Mothering Sunday was a rare day off when all children were allowed go home to visit their mothers.

As they walked home, they would pick wild flowers along the paths and give these to their mothers. This led to the tradition of giving mothers flowers on Mother's Day.

Fascinating Fact

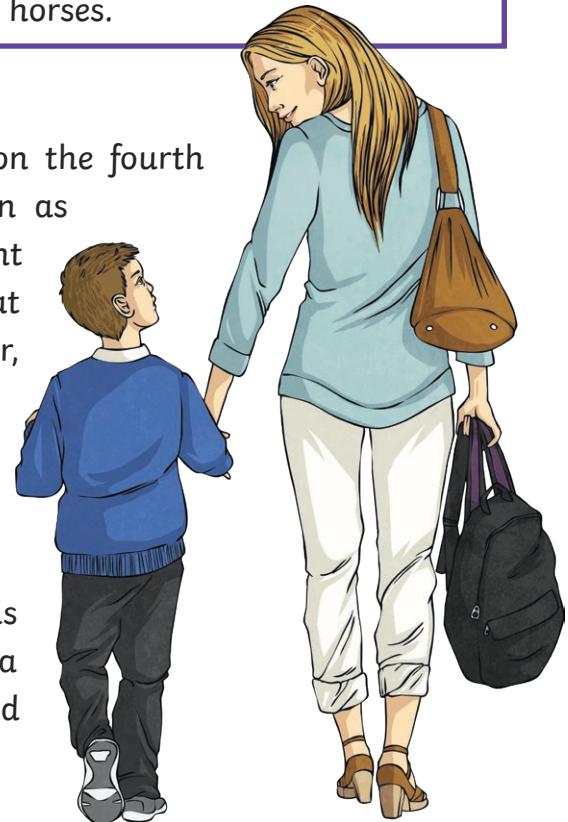
For girls, working in domestic service meant being a servant or maid for a wealthy family.

Boys would work in the stables, tending the horses.

In the Bible

In the UK, Mothering Sunday always falls on the fourth Sunday of Lent. This day used to be known as Refreshment Sunday. This was because Lent was a time of fasting, when people did not eat food that was considered bad for you. However, on Refreshment Sunday the rules about Lent were not as strict and people were allowed to eat more tempting foods.

In the Bible, there is mention of food being shared at the time of we now call Lent. This is the story of the miracle of Jesus feeding a crowd of 5000 people with five loaves and two fish.

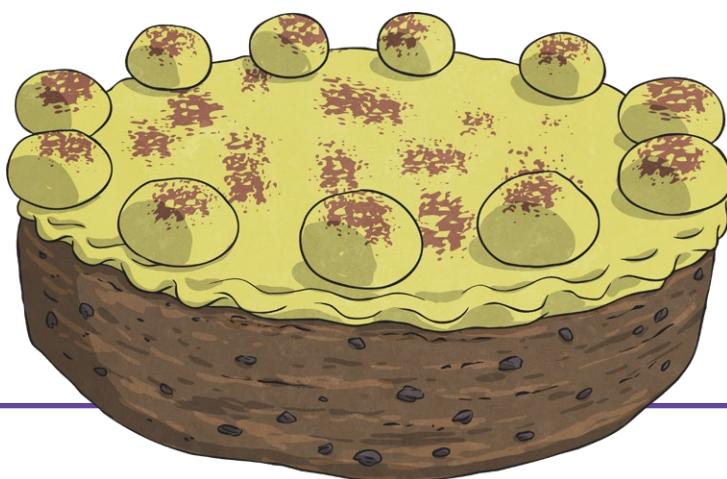


Traditional Food

Simnel cake is a fruit cake with two layers of almond paste and 11 balls of marzipan. The marzipan balls represent the twelve disciples. However, because Judas gave Jesus away to the Roman soldiers, he is not included on simnel cake.

The word simnel comes from the Latin word 'simila' which is another word for the fine wheat flour used to make the cake.

Mother's Day is a good opportunity to thank all the amazing women in our lives, for all they do, whether it be our Grandma, Nana, Aunty, guardian, sister, carer or Mum.



Questions

1. In which century would Christians return to their mother church? Tick **one**.
 15th Century
 6th Century
 16th Century
 20th Century
2. In your own words, explain where the tradition of giving flowers to mothers on Mother's Day comes from.

3. Find and copy a word which means working in a house.

4. What do people do at Lent?

5. How many people did Jesus feed with five loaves and two fish? Tick **one**.
 500
 3000
 5000
 50
6. What type of cake is Simnel cake? Tick **one**.
 almond cake
 chocolate cake
 carrot cake
 fruit cake
7. What language does the word 'simnel' originate from? Tick **one**.
 Italian
 Spanish
 Latin
 German

Questions

8. Why are there eleven marzipan balls on a simnel cake? Explain in your own words.

Answers

1. In which century would Christians return to their mother church? Tick **one**.
 - 15th Century
 - 6th Century
 - 16th Century
 - 20th Century

2. In your own words, explain where the tradition of giving flowers to mothers on Mother's Day comes from.
Pupil's own response, such as: The tradition of giving flowers to mothers on Mother's Day comes from the time when children were allowed home to visit their mothers. They would walk along the paths and pick wild flowers to give to their mothers as a gift.

3. Find and copy a word which means working in a house.
domestic

4. What do people do at Lent?
Fast/did not eat food that was bad for you

5. How many people did Jesus feed with five loaves and two fish? Tick **one**.
 - 500
 - 3000
 - 5000
 - 50

6. What type of cake is Simnel cake? Tick **one**.
 - almond cake
 - chocolate cake
 - carrot cake
 - fruit cake

7. What language does the word 'simnel' originate from? Tick **one**.
 - Italian
 - Spanish
 - Latin
 - German

Answers

8. Why are there eleven marzipan balls on a simnel cake? Explain in your own words.

Pupil's own response, such as: There are only eleven balls of marzipan on a Simnel cake because they represent the disciples. However, because Judas betrayed Jesus, he is left off the cake, so there are eleven rather than twelve.

Mother's Day

How Did Mother's Day Begin?

Traditionally, on this day, during the 16th century, Christians would return to their 'mother' church. This was the main church in the town, the church they had been baptised in, or the cathedral.

Visiting Mother

Historically, children would leave home, often as young as ten years old, and work in domestic service. This would need them to live and work at their place of employment, often working 14 to 16 hours a day, and were not allowed home very often.

Mothering Sunday was one of the few days off that servants and maids had, and it was to allow them to go home to visit their mothers.

As the children walked home, they would pick wild flowers along the way, and give these to their mothers. This led to the tradition of giving mother's flowers on Mother's Day.

Fascinating Fact

Girls working in domestic service became a servant or maid for a wealthy family.

Boys would become stable hands.

Biblical Origins

In the UK, Mothering Sunday always falls on the fourth Sunday of Lent. This day was also known as Refreshment Sunday. This was because Lent was a time of fasting, when people refrained from eating certain foods, though on Refreshment Sunday the rules about Lent were relaxed a little, and people could eat more tempting foods.

In the Bible, there is mention of food being shared during the time of Lent. This refers to the story of Jesus feeding a crowd of 5000 people, with five loaves and two fish belonging to a young boy.

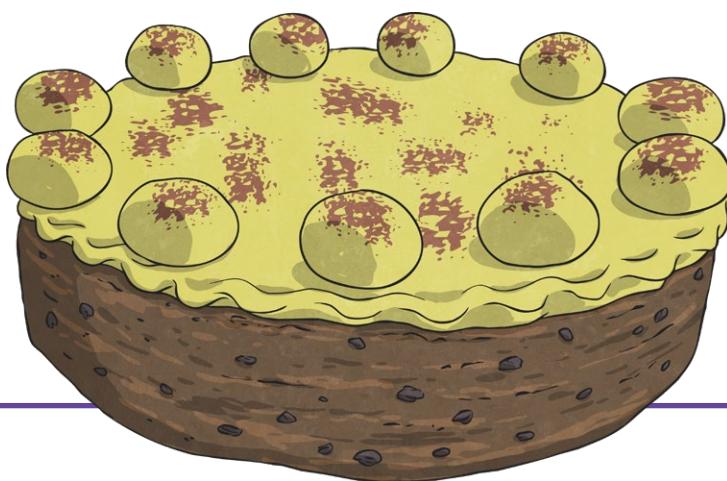


Traditional Food

Simnel cake is a fruit cake with two layers of almond paste and 11 balls of marzipan, which represent the disciples, despite there having been 12 disciples in total. There is one less marzipan ball due to Judas the disciple having betrayed Jesus.

The word simnel comes from the Latin word 'simila' which refers to the fine wheat flour used to make the cake.

Nowadays, Mother's Day is a good opportunity to thank all the amazing women in our lives, for all they do, whether it be our Grandma, Nana, Aunty, guardian, sister, carer or Mum.



Questions

1. Which two churches were considered to be someone's mother church?

- 1) _____
- 2) _____

2. Fill in the missing word.

Historically, children would leave home, often as young as ten years old, and work in
_____ service.

3. What job would boys traditionally have? Tick **one**.

- butler
- shoe shiner
- stable hand
- servant

4. In your own words, describe how life would change for a child going into domestic service.

5. Find and copy a word which means **enticing**

6. Summarise what the paragraph entitled 'Traditional Food' is about.

7. How many balls of marzipan are used to decorate a Simnel cake? Tick **one**.

- 12
- 10
- 11
- 20

Questions

8. Mother's Day is a celebration.

Do you agree with this statement?

Explain your answer fully.

Answers

1. Which two churches were considered to be someone's mother church?

- 1) One where they were baptised.
- 2) The cathedral.

2. Fill in the missing word.

Historically, children would leave home, often as young as ten years old, and work in **domestic** service.

3. What job would boys traditionally have? Tick **one**.

- butler
- shoe shiner
- stable hand
- servant

4. In your own words, describe how life would change for a child going into domestic service.

Pupil's own response, such as: Life would change for children as young as ten years old who went into domestic service. Girls would become a maid or servant and boys would work in the stables. Children would live where they worked and they would work long hours, sometimes 14 to 16 hours a day. They were not allowed home very often and would probably miss their home and their mothers.

5. Find and copy a word which means **enticing**

tempting

6. Summarise what the paragraph entitled 'Traditional Food' is about.

The paragraph entitled 'Traditional Food' describes a traditional cake that is eaten on Mother's Day; Simnel cake. It explains how the cake is decorated with 11 balls of marzipan to represent the disciples (not including Judas) and where the word simnel comes from. The paragraph concludes with a statement about what Mother's Day is for in modern times.

7. How many balls of marzipan are used to decorate a Simnel cake? Tick **one**.

- 12
- 10
- 11
- 20

Answers

8. Mother's Day is a celebration.

Do you agree with this statement?

Explain your answer fully.

Pupil's own response, such as: Yes, I agree with this statement because it is a day to celebrate our Mother's and everything they do for us and to show them that we appreciate them. If someone does not have a Mum, they can celebrate another female relative or friend in their life.