

THE WEEK AHEAD

IT'S PANCAKE TIME!

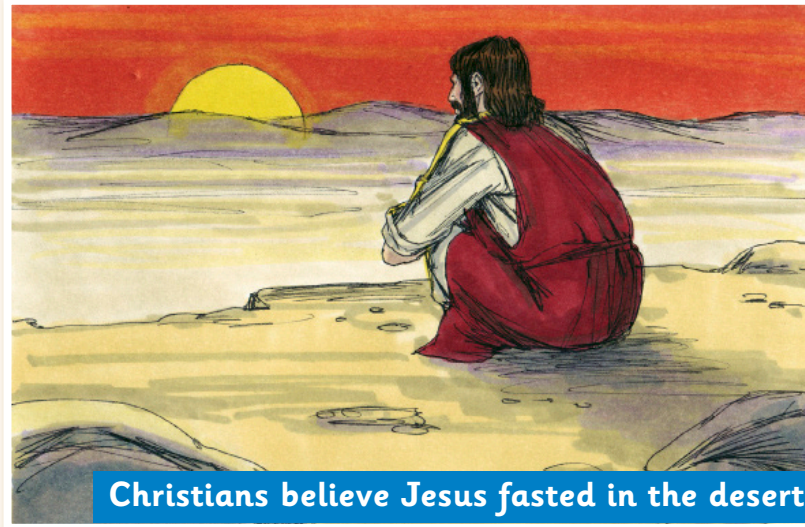
JUST before Valentine's Day, it's PANCAKE DAY!

On Tuesday 13th February, families across the UK will be flipping their meals around. But why do we eat pancakes on Shrove Tuesday?

Shrove Tuesday is the day before the start of the religious season of Lent. Lent is the time before Easter when Jesus fasted in the desert, so that God would be the one giving him strength, not food and drink.

Christians want to be like Jesus, so they fast too and give up their favourite foods. Many of our favourite foods contain eggs, milk and flour. In the 16th century, people decided that pancakes were a good way to use up these foods before Lent started, because the main ingredients in the recipe for pancakes are eggs, milk and flour!

The word shrove in Shrove Tuesday comes from the English word shrive. It means to get forgiveness for doing something wrong. Christians ask to be shriven, or for God to forgive for their sins, in the week leading up to Lent.



Christians believe Jesus fasted in the desert

GLOSSARY

Christians – People who believe in Jesus as the Son of God.

fasted – To not have eaten some, or all, food or drink for a set period of time.

recipe – A guide that explains how to make a type of food.

sins – Actions that are considered to be wrong under the rules and teachings of a religion.





THE WEEK AHEAD

- 1) When is Shrove Tuesday this year?
- 2) What food do we traditionally eat on Shrove Tuesday?
- 3) What are the three main ingredients for pancakes?
- 4) When did people start making pancakes for Shrove Tuesday?
 - 15th century
 - 16th century
 - 17th century
- 5) What English word does **shrove** come from, and what does it mean?
- 6) When does Lent start?
- 7) What did Jesus do when he was in the desert?
- 8) Which other foods do you like to eat that contain milk, eggs or sugar?