

All About Pancake Day



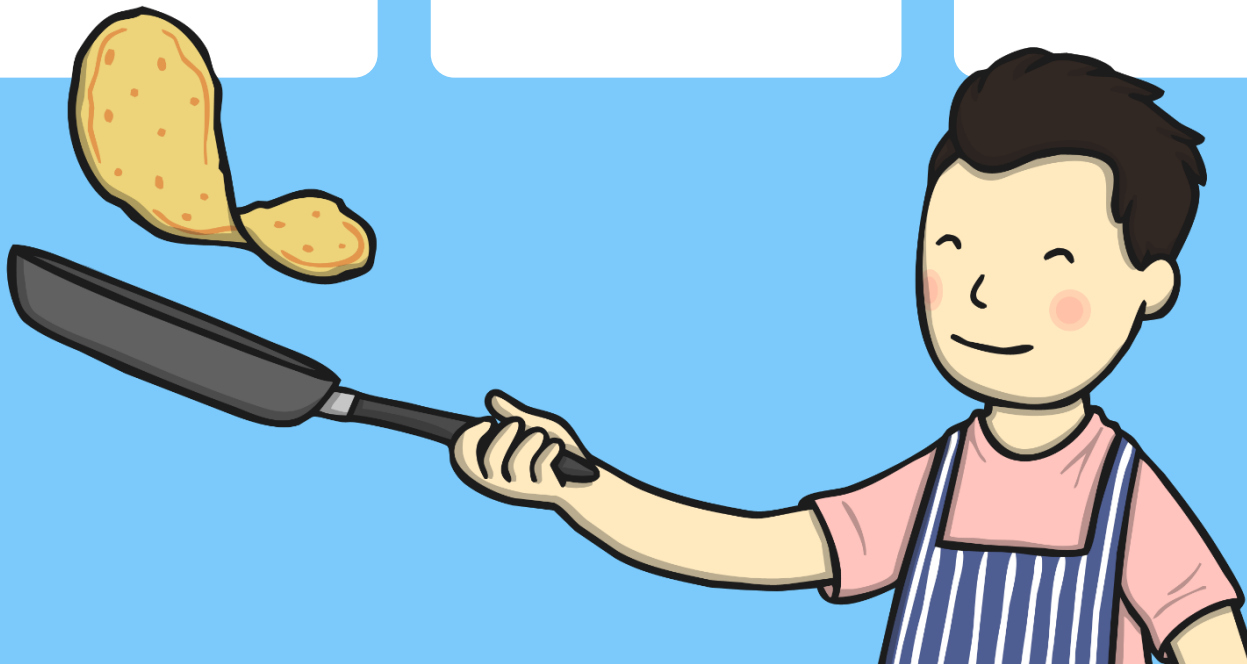
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What Is Pancake Day?

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

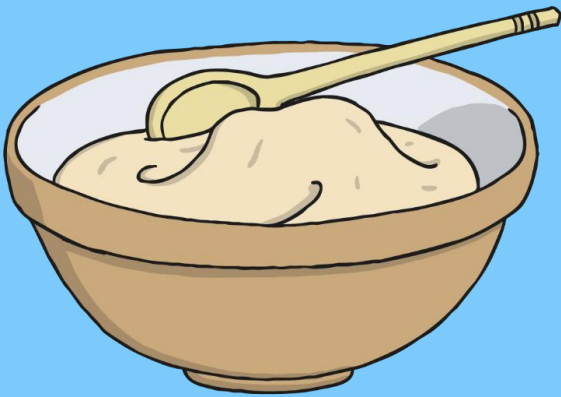


eggs



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!



