

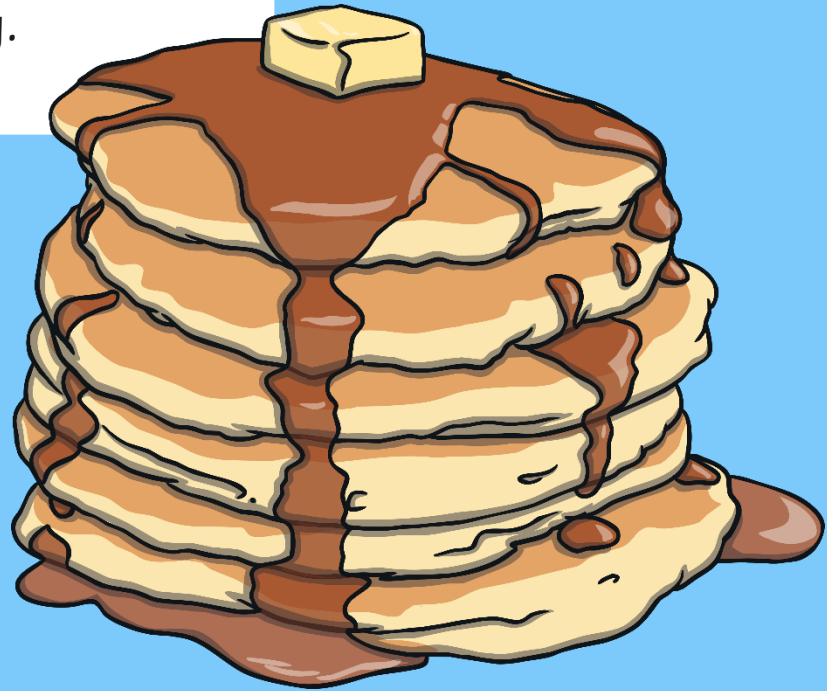
# All About Pancake Day



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# When Is Pancake Day?

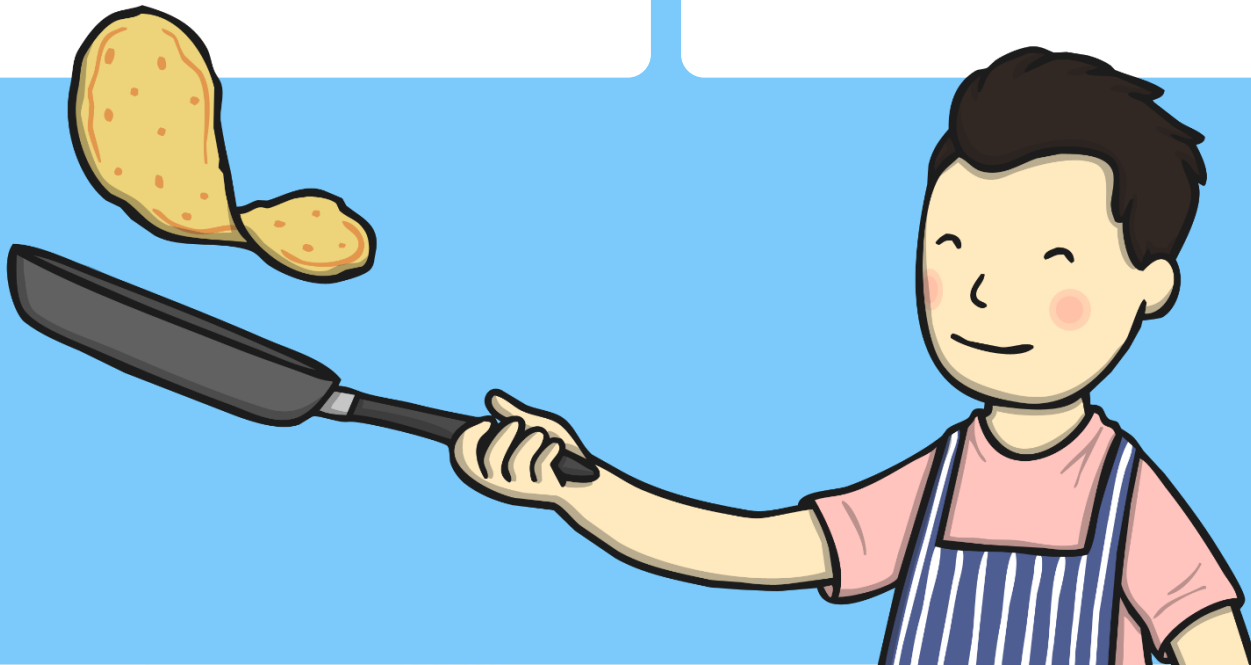
Pancake day is the feast day before the beginning of Lent. Pancake day is always on a Tuesday.



# What Is Pancake Day?

Pancake Day  
is also called  
Shrove Tuesday.

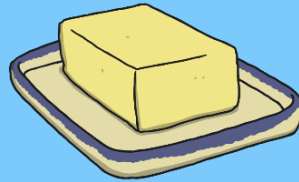
Lent is a time when  
Christians are getting ready  
for Easter.



# Why Do People Eat Pancakes on Shrove Tuesday?



In the past, people gave up food like eggs and butter 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



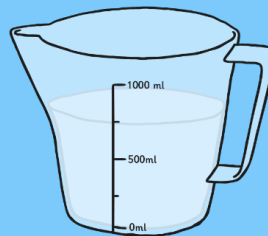
eggs



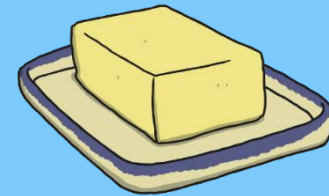
milk



salt



water



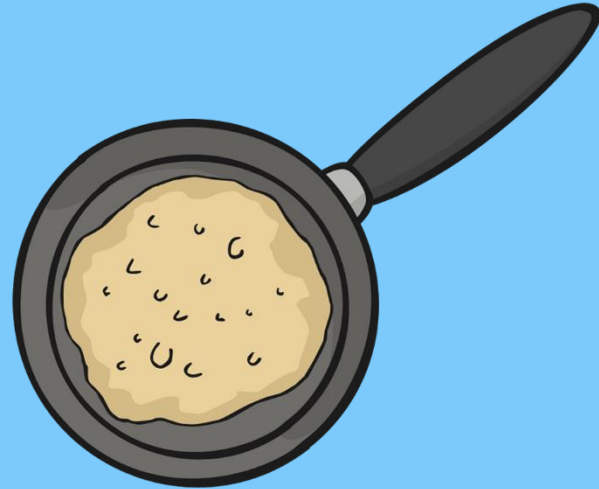
butter



# 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!





# How Do Other Countries Celebrate Pancake Day?





# Sweden

The Swedish call Pancake Day 'Fettsdagen', which means 'Fat Tuesday'. They eat a pastry called Semla instead of pancakes.





# Brazil

Pancake Day is called 'Mardi Gras' here as well as many other Catholic and Protestant countries.







# Estonia

Pancake Day is 'Laskiainen' in Estonia and they eat pea soup along with cream buns called 'Vastlakukkel'.







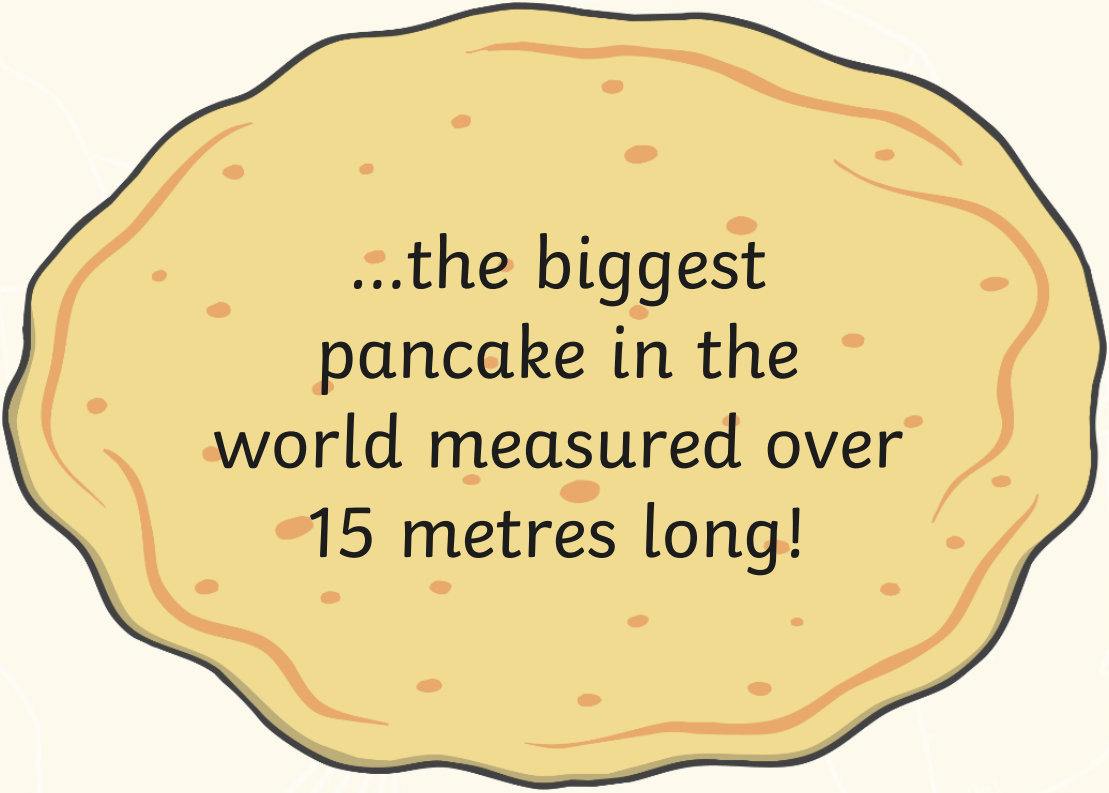
# Iceland

Iceland call their Pancake Day 'Sprengidagur', which means 'Bursting Day'. They eat salted meats and peas.



# Fun Fact

Did you know...



...the biggest  
pancake in the  
world measured over  
15 metres long!

