

QUIZ

1) Pancake Day or Shrove Tuesday falls just before people traditionally fasted for how many days?

- a) 30 days
- b) 40 days
- c) 50 days

2) Why does Lent last for 40 days?

- a) Jesus said repent (say sorry) 40 times in the bible
- b) There are 40 different sins to say sorry for - one for each day
- c) Jesus spent 40 days in the desert

3) Pancakes were traditionally made on this day in order to use up which ingredients?

- a) chocolate and orange
- b) lemon and sugar
- c) eggs and fat

4) When cooking pancakes, you need to do what with them?

- a) toss them
- b) throw them
- c) burn them

5) William Shakespeare mentions pancakes in a number of his plays, including...

- a) Macbeth
- b) Romeo and Juliet
- c) As You Like It

6) What two names are not a name for Pancake Day?

- a) Fat Tuesday
- b) Shrove Tuesday
- c) Thin out Tuesday
- d) Mardi Gras
- e) Midweek Mourning

7) Why are pancakes traditionally made on Shrove Tuesday?

- a) They are fl at, so they prepare the stomach for the fasting of Lent
- b) There is an excess of eggs and milk produced at this time of year
- c) To use up all the rich, tasty food before Lent, during which you are meant to eat less, more plain food



READING



Mmm ... did someone say pancakes?! Read about Pancake Day and learn how to make this delicious treat for yourself.

Pancake Day (or: Shrove Tuesday, Fat Tuesday, Mardi Gras) is a special day celebrated in many countries around the world. It is celebrated in English-speaking countries like the UK, Ireland, Australia and Canada. In France, the USA and other countries, it is called 'Mardi Gras' or 'Fat Tuesday'. In others like Spain, Italy or Brazil, Shrove Tuesday is at the end of Carnival. On this day many people eat pancakes: thin, flat cakes made in a pan.

Pancake Day is always on a Tuesday in February or March. It is the day before Ash Wednesday, the start of Lent. Lent is a period of 40 days before Easter when people often give up or stop eating things that are bad for them like chocolate or fast food. At the end of Lent is Easter. Easter takes place on a different date each year because it depends on the moon. Easter Sunday is the first Sunday after the first full moon of spring. Traditionally, during Lent, people didn't eat rich foods like butter and eggs, so to use them up they made pancakes from these ingredients on Shrove Tuesday.

Another tradition on Pancake Day in the UK is pancake racing. According to tradition, in 1445 a woman of Olney heard the shroving bell while she was making pancakes and ran to the church in her apron, still clutching her frying pan. People run in a race with a pancake in a pan. As they run, they have to toss the pancake (throw the pancake in the air and catch it in the pan) several times. In some pancake races people dress up in fancy dress costumes. The most famous pancake race takes place in a town called Olney, in the middle of England. People say that Olney has been celebrating pancake races since 1445!

The ingredients for pancakes can be seen to symbolise four points of significance at this time of year:

Eggs ~ Creation

Flour ~ The staff of life

Salt ~ Wholesomeness

Milk ~ Purity

To make 8 or so pancakes you will need 8oz plain flour, 2 large eggs, 1 pint milk, salt. Mix all together and whisk well. Leave to stand for 30 minutes. Heat a little oil in a frying pan, pour in enough batter to cover the base of the pan and let it cook until the base of the pancake has browned. Then shake the pan to loosen the pancake and flip the pancake over to brown the other side.

EXERCISES

Match the vocabulary with the correct definition and write a–f next to the numbers 1–6.

- | | |
|--------------------------|---|
| 1. race | a) a metal container for cooking food in |
| 2. a pan | b) the basic foods that are mixed together to make a dish |
| 3. a recipe | c) a running competition to see who is the fastest |
| 4. ingredients | d) funny clothes that you wear to a party |
| 5. smooth | e) instructions that tell you how to make some food |
| 6. a fancy dress costume | f) perfectly regular; without any lumps |

Circle the best answer to these questions.

1. Pancake Day is celebrated in ...

- a. the UK and Ireland only.
- b. many countries around the world.
- c. English-speaking countries only.

2. Another name for Pancake Day is ...

- a. Mardi Gras.
- b. Lent.
- c. Easter Sunday

3. Traditionally, Lent is a period of 40 days when people ...

- a. eat a lot of pancakes.
- b. eat rich foods like butter and eggs.
- c. don't eat rich food or food that is bad for you.

4. Easter Sunday is always ...

- a. on the same day every year.
- b. in spring.
- c. on a day with a full moon.

5. In a pancake race everyone ...

- a. throws and catches a pancake in a pan.
- b. wears a fancy dress costume.
- c. eats pancakes before the race

6. Before you cook the pancake, mix ...

- a. milk, butter and sugar.
- b. milk, flour and an egg.
- c. milk, butter and an egg.

7. Cook the pancake for ...

- a. 10-15 minutes.
- b. 3-4 minutes.
- c. 1-2 minutes.

8. The 'classic' pancake topping is ...

- a. sugar and lemon juice.
- b. sugar and chocolate.
- c. lemon juice and salt.



Check your grammar: gap fill Write one word to fill each gap.

1. Pancake Day is a special day celebrated _____ many countries around the world.
2. In countries like Spain, Italy or Brazil, Shrove Tuesday is _____ the end of Carnival.
3. Pancake Day is always _____ a Tuesday _____ February or March.
4. Lent is a period of 40 days before Easter when people often give _____ things that are bad for them.
5. In some pancake races people dress _____ in fancy costumes.
6. At the end _____ Lent is Easter.
7. Easter takes place on a different date each year because it depends _____ the moon.
8. Pancakes are very easy _____ make.

Answer the following questions:

- ❖ What's your favourite food?
- ❖ Do you usually have breakfast? If yes, what do you have?
- ❖ What do you prefer sweet or savory?
- ❖ Who cooks at home?
- ❖ Are there any foods that you wouldn't eat as a child that you eat now?
- ❖ Are you concerned about your daily calorie intake when choosing something to eat?
- ❖ Do you always eat dinner with your family?
- ❖ Do you always eat vegetables?
- ❖ Do you eat lunch at school/work every day or bring your lunch to school/work?
- ❖ Do you like food from other countries? If yes, which do you like the most?
- ❖ Have you ever tried pancakes?
- ❖ Do you know its ingredients?
- ❖ What do you know about the Pancake Day in Britain?



VIDEO LESSON

VIDEO SESSION - British Holidays - Pancake Day and Shrove Tuesday
<https://www.youtube.com/watch?v=2sIHCsdWKGI>

1. Match the following words to their definition:

Shrove Tuesday pantry spatula to flip lent
Fast topping Pancake Day frying pan bell ringer
abstinence batter to shrove

1. To say that you have done something wrong or shameful

2. The person usually at a church, that pulls the ropes to ring the church bells

3. The formal and religious name for Tuesday seven weeks before Easter

4. A small room or cupboard where food is stored

5. Food added to a more substantial food in order to give it extra flavour

6. A period of refraining from something

7. Egg flour and milk mix

8. A cooking instrument used to fry food

9. Christian season of fasting

10. A period of eating a little or only certain kinds of food, especially as a religious observance

11. To confess, to admit

12. To turn something over

13. A cooking instrument that is flat and usually plastic that is used to lift and flip food

14. The informal and common name for the Tuesday seven weeks before Easter with the custom of eating pancakes

**Now, you are going to learn more about the history of Pancake Day.
Listen and fill the gaps (sound only activity)**

Hi everyone, I'm Gina. _____ Day or _____ Tuesday to give it its proper name is the Tuesday seven weeks before _____. It is the _____ day before a period of _____, _____ starts. In this lesson, you are going to learn about why it is _____ known _____ Day and why it is a _____ Day in _____.

Do you know where the name Shrove Tuesday comes from and what it means? We'll show you the answer and the end of this video. The _____ meaning of Shrove Tuesday comes from it being the day before _____ begins. It was the last chance for people to _____ whatever they _____ before they began to _____ and was an opportunity for them to eat whatever was left in their _____ or kitchen. We eat pancake on Shrove Tuesday because they are easy to make and can be filled with any _____. British pancakes are made from thin batter, only a few millimetres thick that are cooked in a _____. Brave chefs will _____ their pancakes to ensure they're cooked both sides, but others will use a _____. Popular _____ include plain _____ and sugar and sweeter things such as _____ and fruit. As well as cooking pancakes, there are many games and activities that are held in Britain. The most popular are pancake _____, in these races competitors run a short track, maybe only 100 metres or so, while _____ a pancake in their _____

If you drop the pancake, you have to stop and pick it up! There is a famous race held in Olney. _____ must be housewives and wear an apron. The _____ is the first to complete a 375 metre course, give their pancake to the _____ and receive a _____.

And now I'll give you the answer to the earlier quiz. Do you know where the name Shrove Tuesday comes from and what it means? Shrove comes from the word _____ and this means to _____. In the olden days Shrove Tuesday would be a day of confession for Christians before _____ began.

How was this lesson? Did you learn something interesting? Do you eat pancakes in your country? If so, are they the same as British pancakes?

VIDEO SESSION KEY

1. Match the following words to their definition:

Shrove Tuesday 3 pantry 4 spatula 13 to flip 12 lent 9
Fast 6 topping 5 Pancake Day 14 frying pan 8 bell ringer 2
abstinence 10 batter 7 to shrive 11