



Pancake Day

Looking at Pancake Day

Programme Planner

Arrival	Pancake Colouring Sheet
Story	The History of Pancake Day (see below)
Game	Pancake Races
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The History of Pancake Day

Intro: Pancake Day (Shrove Tuesday) is a fun feast day before Lent, a Christian fasting time, where people used to use up rich foods like eggs, milk, and sugar by making pancakes, so they wouldn't waste them during Lent.

The name "Shrove" comes from confessing sins ("shriven"), and a bell (the "Pancake Bell") called people to church before the fasting started.

Today, it's a day for yummy pancakes and traditions like pancake races, using up ingredients before giving up treats for Lent.

Pancake Races

How: When the bell rings, the race starts using frisbees as frying pans to flip the felt pancakes as a team relay race.

Pancake Owls and Flower

How: Using pre-made scotch pancakes, fruit and golden syrup as "glue" each person make an owl or a flower, cutting their own fruit. Put on a named plate.