

# Pancake day / Shrove Tuesday

March 1 2022



# Where is it celebrated?

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'.

# The timeline

- 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.

## First Day of Lent 2022

Year	Date	Day of the week
First Day of Lent 2017	March 1, 2017	Wednesday
First Day of Lent 2018	February 14, 2018	Wednesday
First Day of Lent 2019	March 6, 2019	Wednesday
First Day of Lent 2020	February 26, 2020	Wednesday
First Day of Lent 2021	February 17, 2021	Wednesday
<b>First Day of Lent 2022</b>	<b>March 2, 2022</b>	<b>Wednesday</b>
First Day of Lent 2023	February 22, 2023	Wednesday
First Day of Lent 2024	February 14, 2024	Wednesday
First Day of Lent 2025	March 5, 2025	Wednesday
First Day of Lent 2026	February 18, 2026	Wednesday
First Day of Lent 2027	February 10, 2027	Wednesday

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# What happens?

Everyone makes and eats pancakes. It is traditional to eat the pancakes with lemon and sugar.

Some people do pancake races. Pancake races started in 1445.

In a pancake race people run with a pancake in a pan and then throw it in the air.

<https://www.youtube.com/watch?v=>



# Pancake recipe

## Ingredients:

- One cup of flour
- One cup of milk
- One large egg
- Some salt
- Some butter or oil
- Lemon juice
- Some sugar



# Method

1. Fill one cup with flour and put into a bowl. Fill another cup with milk and pour into the bowl.
2. Crack the egg into the bowl and whisk the flour, milk and egg until the mixture is smooth.
3. Put butter or oil in a pan, and when it is hot, put some mixture in the pan and move the pan to make a thin pancake.
4. After one minute hold the pan carefully and throw or toss the pancake in the air to turn it over. Now cook the pancake on the other side.
5. When the pancake is ready, squeeze some lemon juice and put some sugar on it and eat it immediately.
6. If you don't like lemon juice, eat them with jam, chocolate sauce or ice cream.  
Delicious!

# Questions

Do you have anything similar in Spain?

Do you have lent?

If yes, do you stop eating or drinking anything?

If no, is there something else?

Do you have any celebrations at the start of March, before the Easter period?

Carnival? Can you explain carnival?

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- B. many countries around the world.
- C. English-speaking countries only.



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