

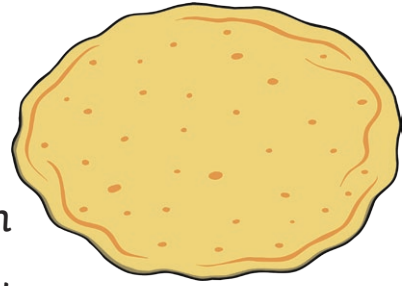
Pancake Day

What Is Pancake Day?

Pancake Day is also called Shrove Tuesday.

It is the last day before Lent begins.

Lent is the time leading up to Easter, when people often give up something. In the past, people were not allowed to eat foods such as eggs, so to use them before Lent began, they would make pancakes.



Pancake Day Racing

On Pancake Day, some people run races. One of the most famous races is in Buckinghamshire. Here, women run wearing a skirt and an apron. They have to toss a pancake at the beginning and end of the race.



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Amazing Facts

- The biggest pancake in the world was over 15 metres!
- In 1994, a man ran a marathon whilst tossing a pancake.
- In Sweden, Pancake Day is known as 'Fat Tuesday'.

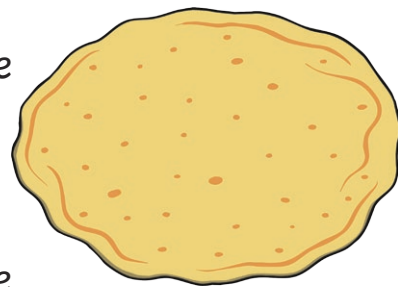
Pancake Day

What Is Pancake Day?

Pancake Day is also known as Shrove Tuesday.

It is the last day before the start of Lent.

During Lent, Christian people often give something up. In the past, people were not allowed to eat foods such as eggs during this time, so to use them before Lent began, they would mix them with other rich foods such as milk and flour to make pancakes.



Pancake Day Racing

All over the UK, pancake racing is very popular. Lots of people gather together in fancy dress to toss pancakes whilst running. The most famous race happens every year in Buckinghamshire, where women run wearing a skirt, apron and a head scarf. Runners have to toss their pancake at the start and finish line.

How Is Pancake Day Celebrated Around the World?

Pancake Day is celebrated all over the world and has many different names.

- In Sweden, it is known as 'Fat Tuesday' and Swedish people eat a pastry called Semla.
- In Portugal, it is called 'Carnival' and they eat sweet dough balls like doughnuts.
- In Iceland, it is called 'Bursting Day'. Unlike the UK, they eat meat and peas.

Amazing Fact

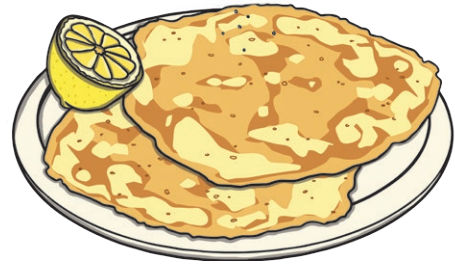
The biggest pancake in the world measured over 15 metres and was made in the UK.

Pancake Day

What Is Pancake Day?

Pancake Day is also known as Shrove Tuesday.

In Christianity, Shrove Tuesday is the feast day before the beginning of Lent on the following day (Ash Wednesday). Traditionally, Lent (the 40 days leading up to Easter), was a time of giving up certain foods. On Shrove Tuesday, people went to church to confess their sins and were called by a bell, which came to be known as the 'pancake bell'. People used up rich foods in their home such as eggs and one way of using them was to make pancakes.



Pancake Day Racing

Celebrations for Pancake Day include pancake races. In some areas, people gather together to join in races where they toss pancakes. Rules for the races vary. In some, the aim is to flip the pancake as many times as possible, whereas in others, such as in Olney, Buckinghamshire, the pancake has to be tossed at the beginning and at the end of a running race. Tradition suggests that in 1445, a woman heard the 'pancake bell' whilst making her pancakes. Still holding her frying pan, she ran to the church in her apron and from then on, the race continued. Today, competitors have to be women wearing an apron, skirt and a head scarf.



Amazing Facts

- The biggest pancake in the world measured over 15 metres and was made in the UK.
- In 1994, a man ran a marathon whilst tossing a pancake. He completed it in just over three hours!

How Is Pancake Day Celebrated Around the World?

Pancake Day is celebrated globally and has many different names.

- In Sweden, it is known as 'Fettsdagen' which means 'Fat Tuesday'. Traditionally, Swedish people eat a pastry called semla.
- In Portugal, 'Carnival' is the chosen name and they eat 'malasadas', which are similar to doughnuts.
- Iceland call their day 'Sprengidagur' which means 'Bursting Day'. Unlike the UK, salted meat and peas are consumed.



Popular Toppings

Some people like sweet pancakes and others like savoury. Here are some delicious suggestions. Which of these varieties would you choose?

