

Saplings assembly

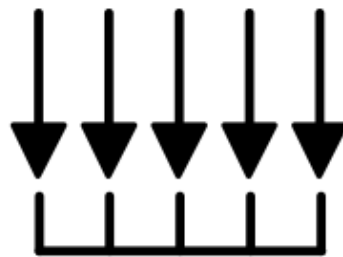
13th February 2026

Shrove Tuesday



What

is it



all



about?

Facts about Shrove Tuesday

1

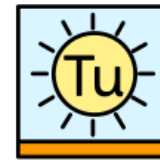
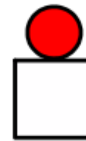


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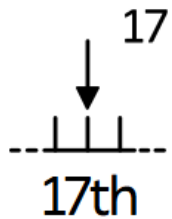


1. Shrove Tuesday is also known as pancake day.

2



2. This year pancake day is on Tuesday

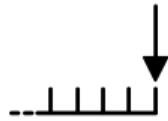


February.

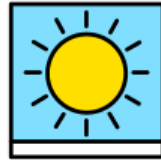
Facts about Shrove Tuesday

3

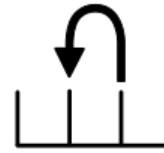
3. It is the



last



day



before



Lent



begins.

Facts about Shrove Tuesday

4



4.

Lent

is the

Christian

period

leading



up to

Easter,

when

people

often

give

up



something.

Facts about Shrove Tuesday

5. In the past people were not allowed to eat foods such as eggs, so to use them before Lent began, people would mix them with other rich foods such as milk, flour and butter to make pancakes.



Not allowed



eggs



mix



eggs

with



milk,



flour

and



butter

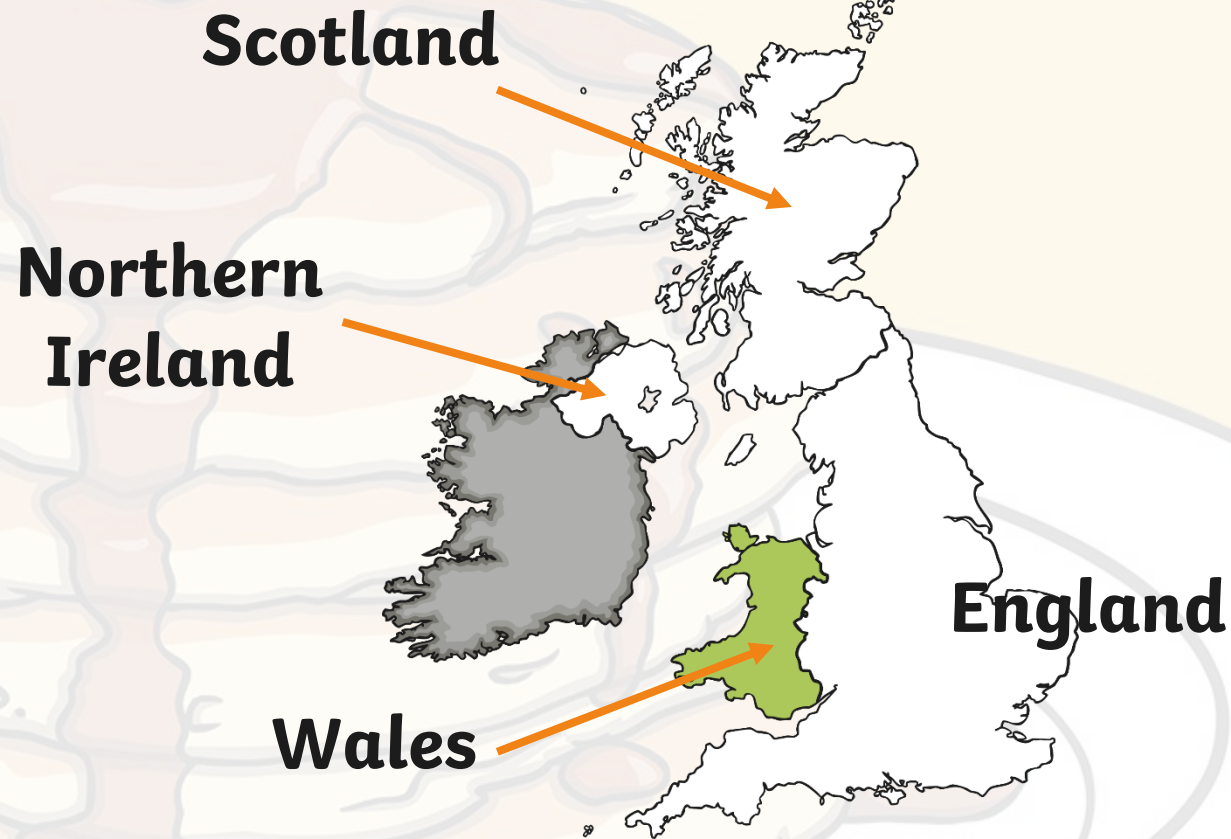
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pancakes

Shrove Tuesday around the United Kingdom



Northern Ireland

Years ago, the eldest unmarried daughter of the family would toss the first pancake.



Years ago



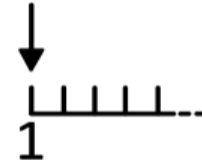
eldest



unmarried



daughter



tossed 1st



pancake.

It was thought that if she tossed it and it landed back in the pan she would be married that year, but if it did not flip or was dropped, she would stay single.

Scotland

Scottish pancakes are much smaller and thicker than traditional pancakes.



In some parts of Scotland, they are called “drop scone” or “dropped scone.”

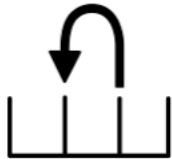


Wales

On the evening before Shrove Tuesday, in some parts of Wales tin cans were kicked up and down the streets.



Evening



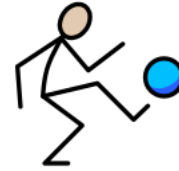
before



Shrove Tuesday



cans



kicked



up and down



streets.

It is thought this was to remember the task of putting away all the pots, pans and utensils used to make the tastier food that was not allowed to be eaten during Lent.

England

One of the most famous pancake races takes place in Buckinghamshire, England.



Famous



pancake



race

in



Buckinghamshire,



England.

According to tradition, in 1445 a woman living in Olney heard the church bell whilst making pancakes.

Not wanting to be late for the service, she ran to the church in her apron, still holding the frying pan.

Pancake Races

Still today, women in Olney take part in races. They wear aprons and hats or scarfs and also carry a pan containing a pancake. They must flip the pancakes three times during the race. First one at the finish line at the church is the winner.



In Saplings 1 and 2 we had our own pancake races.



Pancake



race



Pancake



race



How do you make pancakes?

Saplings classes will show you how.



How

to



make



pancakes?



What you need (Ingredients)

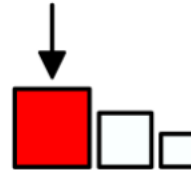


150g



plain flour

2



large



eggs



300ml



milk



pinch



salt

1



tablespoon



melted



butter

How to make (Method)



First

put the



flour

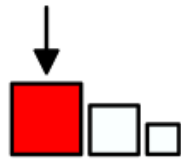
and



salt



into



a

large



bowl

and



pour

in the



milk



and

crack

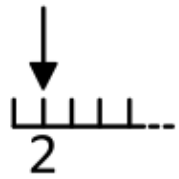
the

2

two



eggs.



Second



whisk

the



mixture



before

you then



add

the



flour.

Make



sure

you

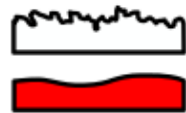


whisk



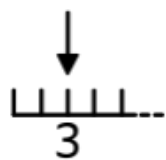
until

you have a



smooth

batter.



Third

+

add

the



melted butter

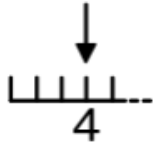
and



whisk



again.



Fourth

get a



pan

and

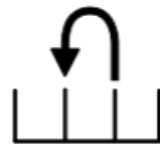


heat

some



oil,

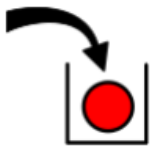


before



pouring

some of the batter



into

the



pan.

Make



sure

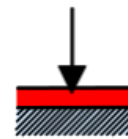
you swirl it



around to get a

nice

even



layer.



Fifth



cook

the



pancake

for

3040

30-40



seconds

and then



flip

the



pancake

and



cook

for the

=

same

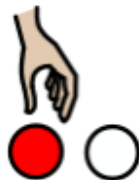


time

on the other side.



Lastly, your pancake is ready to eat. You



just need to decide what topping you



want to have.

Examples of toppings



strawberries



blueberries



chocolate



banana



sugar and
lemon



syrup

An Acrostic Poem.



Spin the pancake in the pan

Have some fun while cooking, if you can

Remember why this day is here

Once a year we gather near

Very tasty treats to share

Everyone shows love and care

Time to flip and catch it right

Up it goes - what a sight!

Eating pancakes, big and small

Smiles and laughter for us all

Day before Lent begins

All ready to eat, everyone sings

Yummy pancakes -Let's dig in!

Let's reflect





Enjoy

making and



eating

your



pancakes.



Thank you

for



listening.



Hope

you



enjoyed

it?