

## Pancake Day

Pancake Day 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'. On this day many people eat pancakes with their family and friends.



Pancake Day is a *traditionally Christian* celebration that *marks* the start of *Lent*. Lent is a 40 day period *leading up to* Easter (the day the *resurrection* of *Christ* is celebrated) that some people use as an *opportunity* to *fast* or quit something that is unhealthy for them. *In practice*, many non-Christians also enjoy eating pancakes on this day.

Traditionally, during lent, people would give up *rich foods* such as butter, eggs, sugar and fat. Therefore, the day before lent started, families would want to use up any of these items that remained in their *cupboards*. What can you make with these ingredients? Pancakes of course! That's the *origin* of Pancake Day!

One fun tradition of Pancake Day is *the act of flipping* the pancake in the air. At both schools and home, children are taught to cook their own pancakes. Rather than turning them over carefully, we flip them in the air. Sometimes they land on the floor, but that's OK; pancakes are cheap, so you can just make another one. In the UK, we eat them with lemon and sugar. Give it a try, they're delicious!

Will you join me in cooking, flipping and eating pancakes? Pancake Day is February 13<sup>th</sup> this year. Don't forget



### Word bank

to celebrate – 祝う  
celebration – お祝い  
opportunity – 機会  
unhealthy – 不健康  
cupboards – 戸棚  
to turn over – 裏返しにする

traditionally – 伝統的に  
to lead up to – ○○につながる  
to fast – 断食する  
in practice – 実際には  
the act of – ○○の行為

Christian – キリスト教, キリスト教の  
resurrection – 復活  
to quit – ○○をやめる  
rich food – こってりした  
to flip – ○○をひっくり返す