

SHROVE TUESDAY IS ALSO CALLED PANCAKE DAY.

**It is a day when people make and eat
pancakes.**

**A long time ago, people used up foods
like eggs, milk, and sugar before Lent
began, so they made pancakes with
them.**

Shrove Tuesday is a day for:

- **Saying sorry for mistakes**
- **Getting ready for Lent**
- **Enjoying pancakes together**



WHY DO WE CELEBRATE SHROVE TUESDAY?

- **Using up ingredients:** Long ago, people would "fast" (give up rich foods) during Lent. They didn't want foods like eggs, milk, butter, and sugar to go bad, so they mixed them together to make a final tasty treat: pancakes!.
- **Saying "Sorry":** The name "Shrove" comes from the word "shrive," which means to tell God sorry for any mistakes. A long time ago, a "shriving bell" would ring to call people to church to do this; today, it is often called the Pancake Bell.
- **Getting ready for Lent:** Lent is 40 days long, just like the 40 days Jesus spent in the desert. During this time, many people choose to give up one small thing they love, like chocolate or sweets, until Easter arrives.

