



Activity Blog 12— Pancake Day

Welcome!

Inside this issue its all things Pancakes! Lots of ideas and activities of how you can celebrate Shrove Tuesday (25th February) in your care home.



Pancake Day Fun

This year Pancake Day (or Shrove Tuesday to give it its proper title) falls on February 25th . The word ‘Shrove’ is derived from ‘Shriven’ which meant confessing to sins and doing penance. The Shriving bell would be rung on Shrove Tuesday to call people to church to confess.

The cooking of pancakes was to use up any eggs, milk before the period of Lent. This is the 40 day period leading to Easter which is a time of abstinence. Many people today will still observe this custom and give up biscuits, chocolate, alcohol and use the time to eat more healthily.

In more recent times, Pancake Day was celebrated by women racing whilst tossing pancakes. These days the race is still run but will involve men also, sometimes in fancy dress.

Click on the links below to view 1) Pancake Day race from 1963.

<https://www.youtube.com/watch?v=MspbISbEZvg> 1.02 mins)

2) Pancake Day retro images

<https://www.hulldailymail.co.uk/news/history/what-pancake-day-hull-looked-1204225>

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Pancake Recipe (makes 8)

You will need:

- 100g plain flour
- 2 eggs
- 300ml milk
- 1 tablespoon oil

Method:

1. Put flour into large bowl and make a well in the centre.
2. Break both eggs into the middle.
3. Pour in a little milk and start to beat into the flour, add the rest gradually, incorporating the rest of the milk until you have a smooth batter to the consistency of thick cream.
4. Heat the oil in a frying pan and add some of the mixture. Tilt the pan to distribute the mixture over the base evenly.
5. Leave for about 30 seconds, then flip over and cook the underside.
6. Put on a plate and sprinkle with sugar and roll up. Add more sugar to the top and a squeeze of lemon juice.

NB: Other toppings can include :

Banana and chocolate sauce, stewed apple and ice cream, diced ham and grated cheese, crispy bacon and maple syrup.



Shrove Tuesday Amazing Fact
The largest number of pancakes tossed in the shortest time is 349 pancakes in two minutes by Dean Gould in Felixtowe, Suffolk in 1995.

Pancake Day Puns

Q. What do you call a man who steals French pancakes?

A. A creptomaniac

Q. What crime did the eggs and flour commit?

A. **B**attery.

Q. Did you hear about the angry pancake?

A. He just flipped.

Q. What do you call someone who can't toss pancakes?

A. A flip flop

Flapping Pancake Activity

Active fun for all abilities and can be played seated or standing and can be on a large table or on the floor.

You will need:

- Tissue paper code: CTP
- Scissors
- Newspapers or books (or paper plates)
- Roll of masking tape or other coloured sticky tape.

To make:

Cut 20cm circles out of tissue paper (works best if each person has a different colour—or can write their name on to identify).

To Play:

1. Line players up, each with a 'pancake' and a newspaper for flapping. Tape a finish line on the floor or table.
2. Shout 'GO' and get all players to flap their newspapers etc to move their 'pancakes' along towards the finish line.
3. Winner is the first to cross the line.



Simple Shrove Scramble

Unscramble the following words that are all associated with Pancake Day! Answers below.

Grinfy

Nelt

Veshor

Eacknap

Crae

staydue

Answers: 1. frying 2. lent 3. shrove
4. pancake 5. race 6. Tuesday