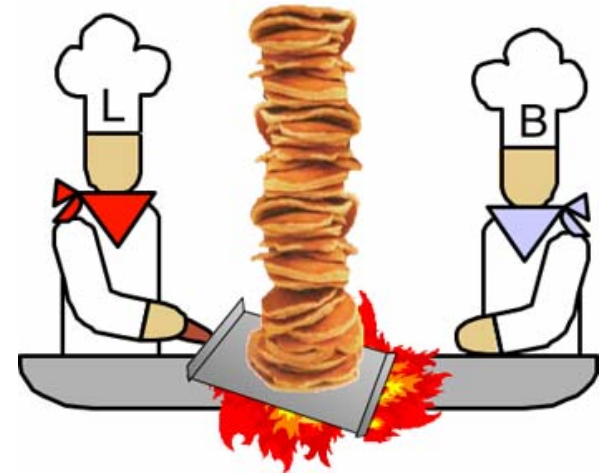


# Shrove Tuesday and Lent



(insert date here)

## What is Lent?

The forty days (not counting Sundays) before Easter is known as Lent. This is the time of year in England when the days begin to get longer with the coming of Spring.

## When does Lent begin?

Lent begins the day after Pancake Day. The last week of Lent begins with Palm Sunday, which celebrates the day Jesus entered Jerusalem and the people lay down palms at his feet.

## Why is Lent 40 days?

The 40 days mark the traditional 40 days of Jesus fasting in the desert.

## What happens during Lent?

During Lent Christians used to fast (give up food) but nowadays people try to give up something like chocolate. Lent is a time when Christians remember the 40 days that Jesus spent in the desert without food.



There are many special days in Lent leading up to Easter, the most important of all Christian festivals.

Lent is the time when Christians prepare for Easter by thinking of things they have done wrong.

If you gave up something for Lent,

what would it be?



## **Shrove Tuesday (Pancake Day)**

Shrove Tuesday is the last day before the period which Christians call Lent. This day is one of the moveable feasts in the church calendar and is related to the date on which Easter falls.

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9.

**This year Pancake Day is on...**

## **Giving up foods: but not wasting them**

In the old days there were many foods that Christians would not eat during Lent: such as meat and fish, fats, eggs, and milky foods.

So that no food was wasted, families would have a feast on Shrove Tuesday, and eat up all the foods that wouldn't last the forty days of Lent without going off.

Pancakes were made on Shrove Tuesday as they were a dish that could use up eggs, fats and milk in the house by just adding flour.