Match the vocabulary with the correct definition and write a–f next to the numbers 1–6.

1…….. a race	a. a metal container for cooking food in
2…….. a pan	b. the basic foods that are mixed together to make a dish
3…….. a recipe	c. a running competition to see who is the fastest
4…….. ingredients	d. funny clothes that you wear to a party
5…….. smooth	e. instructions that tell you how to make some food
6…….. a fancy dress costume	f. perfectly regular; without any lumps

Pancake Day

Mmm ... did someone say pancakes?! Read about Pancake Day and learn how to make this delicious treat for yourself.

Pancake Day, or Shrove Tuesday, 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'. In others like Spain, Italy or Brazil, Shrove Tuesday is at the end of Carnival. On this day many people eat pancakes: thin, flat cakes made in a pan.

Pancake Day is always on a Tuesday in February or March. It is the day before Ash Wednesday, the start of Lent. Lent is a period of 40 days before Easter when people often give up or stop eating things that are bad for them like chocolate or fast food. At the end of Lent is Easter. Easter takes place on a different date each year because it depends on the moon. Easter Sunday is the first Sunday after the first full moon of spring. Traditionally, during Lent, people didn't eat rich foods like butter and eggs, so to use them up they made pancakes from these ingredients on Shrove Tuesday.

Another tradition on Pancake Day in the UK is pancake racing. People run in a race with a pancake in a pan. As they run, they have to toss the pancake (throw the pancake in the air and catch it in the pan) several times. In some pancake races people dress up in fancy dress costumes. The most famous pancake race takes place in a town called Olney, in the middle of England. People say that Olney has been celebrating pancake races since 1445!

Pancakes are very easy to make. Try our recipe.

Ingredients:

1. One cup of flour
2. One cup of milk
3. One large egg
4. Some salt
5. Some butter or oil

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6. Lemon juice
7. Some sugar

Instructions:

Fill one cup with flour and put into a bowl. Fill another cup with milk and pour into the bowl. Crack the egg into the bowl and whisk the flour, milk and egg until the mixture is smooth. Put a very small amount of butter or oil in a pan, and when it is hot, put some mixture in the pan and move the pan to make a thin pancake. After one minute hold the pan carefully and throw or toss the pancake in the air to turn it over. Now cook the pancake on the other side.

When the pancake is ready, squeeze some lemon juice and put some sugar on it and eat it immediately. If you don't like lemon juice, eat them with jam, chocolate sauce or ice cream. Mmm, delicious!

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1. Choose the best answer to these questions.

1) **Pancake Day is celebrated in ...**
   - the UK and Ireland only.
   - many countries around the world.
   - English-speaking countries only.

2) **Another name for Pancake Day is ...**
   - Mardi Gras.
   - Lent.
   - Easter Sunday.

3) **Traditionally, Lent is a period of 40 days when people ...**
   - eat a lot of pancakes.
   - eat rich foods like butter and eggs.
   - don't eat rich food or food that is bad for you.

4) **Easter Sunday is always ...**
   - on the same day every year.
   - in spring.
   - on a day with a full moon

5) **In a pancake race everyone ...**
   - throws and catches a pancake in a pan.
   - wears a fancy dress costume.
   - eats pancakes before the race.

6) **Before you cook the pancake, mix ...**
   - milk, butter and sugar.
   - milk, flour and an egg.
   - milk, butter and an egg.

7) **Cook the pancake for ...**
   - 10-15 minutes.
   - 3-4 minutes.
   - 1-2 minutes.

8) **The 'classic' pancake topping is ...**
   - sugar and lemon juice.
   - sugar and chocolate.
   - lemon juice and salt.

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2. Complete the sentences with a verb from the box.

Crack	pour	Fill	Whisk
Eat	throw	move	squeeze

1. _____ one cup with flour and put it into a bowl.
2. Fill another cup with milk and _____ it into the bowl.
3. _____ the egg into the bowl.
4. _____ the flour, milk and egg until the mixture is smooth.
5. Put some mixture in the pan and _____ the pan to make a thin pancake.
6. After one minute, hold the pan carefully and _____ the pancake in the air to turn it over.
7. When the pancake is ready, _____ some lemon juice and put some sugar on it.
8. _____ it immediately.

3. Write one word to fill each gap.

1. Pancake Day is a special day celebrated _____ many countries around the world.
2. In countries like Spain, Italy or Brazil, Shrove Tuesday is _____ the end of Carnival.
3. Pancake Day is always _____ a Tuesday _____ February or March.
4. Lent is a period of 40 days before Easter when people often give _____ things that are bad for them.
5. In some pancake races people dress _____ in fancy costumes.
6. At the end _____ Lent is Easter.
7. Easter takes place on a different date each year because it depends _____ the moon.
8. Pancakes are very easy _____ make

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