

1 Read the text and complete the sentences.

Fat Thursday – A Delicious Polish Tradition

Tłusty Czwartek, or Fat Thursday, is an important tradition in Poland. It takes place on the last Thursday before Lent. On this day, people enjoy sweet pastries, especially pączki – traditional Polish doughnuts. These doughnuts are soft, round, and filled with jam, custard, or chocolate. They are often topped with icing, sugar, or orange zest.

The tradition dates back many centuries. In the past, people ate rich and fatty foods before Lent, a period of fasting. Today, the custom continues, and millions of pączki are sold across Poland. Many people queue outside bakeries early in the morning to buy fresh doughnuts, while others prefer to make them at home.

There is a popular belief that if you do not eat at least one pączek on Tłusty Czwartek, you will have bad luck for the rest of the year. This is why almost every Polish person enjoys at least one sweet treat on this day.

Glossary:

Lent - Wielki Post
pastries - wypieki
custard - krem
budyniowy
icing - lukier
orange zest - skórka
pomarańczowa
fasting - postzczenie
custom - zwyczaj

1. Tłusty Czwartek takes place on the last Thursday before -----.
2. Pączki are often topped with sugar, orange zest, or -----.
3. People used to eat ----- and fatty foods before the fasting period.
4. On this day, many people queue outside ----- to buy fresh doughnuts.
5. Some believe that not eating a pączek on this day brings ----- luck.

2 Listen. Mark the sentences true or false.

1. Pancake Day is only celebrated in the UK. -----
2. In the past, people made pancakes to use up ingredients like eggs, milk, and sugar before Lent. -----
3. Pancake Day and Mardi Gras happen on the same day. -----
4. In England, people take part in pancake races where they must run and toss pancakes. -----
5. In Newfoundland, Canada, finding a ring in your pancake means you will be rich. -----

