

MONMOUTH HOME LEARNING LENT



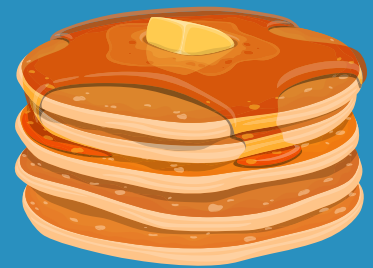
Next week will be half term. It is also the start of the Lent, a special time of year for Christians. It is when we think about the time that Jesus went into the desert for 40 days to fast and pray.

Shrove Tuesday falls on the Tuesday before the beginning of Lent. It is also called pancake day. During Lent some Christians give up something or decide to take on some sort of challenge which may involve giving to others.

The date of Shrove Tuesday changes from year to year. This year it is on Tuesday 16th February.

The name comes from the old word 'shriving', which means to listen to someone's sins and forgive them.

Traditionally during Lent, Christians would give up rich, tasty foods such as butter, eggs, sugar and fat. Shrove Tuesday was the last chance to eat these things which are the perfect ingredients for a delicious pancake.



Ash Wednesday is the first day of Lent for Christians. It occurs 40 days, not including Sundays, before Easter. The date is different each year because the date of Easter varies. This year it is on 17th February. Churches and schools often hold Ash Wednesday services where the ashes from burnt palm Sunday crosses are used to make the sign of a cross on people's foreheads. Things are a little bit different this year but we can still think about this special day at home.



Pancake recipe

Ingredients

100g flour

1 egg

280 ml milk

A pinch of salt

Oil for frying

You choice of topping - sugar, lemon juice, syrup, banana, chocolate spread - take you pick!

Method

1. Sieve the flour into a bowl

2. Add the egg, milk and salt and stir well.

3. When all the flour is mixed in, whisk the mixture to a smooth batter and pour it into a jug.

4. Leave the batter to stand for ten minutes.

5. Ask an adult to heat a little oil in a frying pan. When the oil is hot, carefully pour in enough batter to just cover the bottom of the pan thinly.

6. Cook for a few seconds and turn with a spatula and cook the other side.

7. Slide the pancake onto a plate and sprinkle it with sugar or a spoonful of golden syrup.

Pour on lemon juice to taste.

8. Roll up the pancake or fold it in half and enjoy



Will you give up something for Lent? Maybe you will take on a challenge or think about giving to others?
Think about what you could do and write your ideas down.