

# Pancake Day Activities

## **Pancake Decorating Station**

Provide pre-made pancakes and toppings (e.g., jam, honey, chocolate spread, whipped cream, fruits).

Encourage residents to decorate their pancakes and enjoy them afterward.

## **Pancake Tasting & Memory Sharing \* Resources included**

Offer different types of pancakes (traditional, lemon & sugar, chocolate chip, etc.).

Ask residents about their favourite childhood Pancake Day memories.

## **Gentle Pancake Toss Game**

Use a soft fabric pancake and a frying pan for a fun and safe tossing challenge.

Have a contest to see who can flip it the most times!

## **Pancake Day Quiz \* Resources Included**

Create a simple quiz about Pancake Day traditions, history, and fun facts.

Use visual aids and multiple-choice questions to make it dementia-friendly.

## **Simple Pancake Making (Sensory Activity) \* Recipe Included**

Let residents mix the batter or add ingredients to engage their senses.

Play relaxing music and talk about how pancakes were made in their younger years.

## **Pancake Wordsearches and Coloring**

Residents can find the words in the wordsearch either in a group or individually.

## **Pancake Relay Race (Seated or Standing)**

Use a bean bag or soft pancake on a spatula and pass it around in teams.

Make it a fun, no-pressure game to keep everyone involved.

## **Musical Pancake Fun \* Songs Included**

Play songs related to food or joy (e.g., "Food, Glorious Food" or "Sugar, Sugar").

Have a light sing-along session while enjoying pancakes.

# Pancake Day Quiz



**1. What is another name for Pancake Day?**

- a) Fat Tuesday
- b) Shrove Tuesday
- c) Flipping Friday

**2. What is the main reason people traditionally eat pancakes on this day?**

- a) To use up rich ingredients before Lent
- b) Because it is a lucky food for spring
- c) To celebrate the end of winter

**3. What does the word "Shrove" mean?**

- a) To confess sins and seek forgiveness
- b) To prepare food for a feast
- c) To flip pancakes in the air

**4. Pancake Day always falls on a different date each year. Why?**

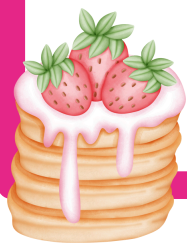
- a) It depends on the moon cycle
- b) It is linked to the date of Easter
- c) It is chosen randomly each year

**5. What ingredient is often used to make pancakes rise and become fluffy?**

- a) Baking powder
- b) Sugar
- c) Flour

**6. What is the record for the most pancake flips in one minute?**

- a) 50
- b) 140
- c) 210



# Pancake Day Quiz



**7. Thin, delicate pancakes called crêpes are most associated with which country?**

- a) France
- b) Italy
- c) Canada

**8. What do many people give up for Lent, the period after Pancake Day?**

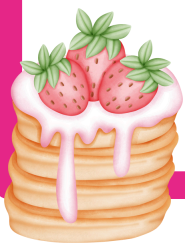
- a) Chocolate or sweets
- b) Vegetables
- c) Milk and bread

**9. Some towns have a famous tradition of running races while flipping pancakes. What is this called?**

- a) The Pancake Toss
- b) The Pancake Race
- c) The Flipping Marathon

**10. What should you do if your pancake lands on the floor while tossing it?**

- a) Pick it up and eat it anyway
- b) Laugh and try again
- c) Blame the frying pan!



# Pancake Day



# Quiz

## Answers

**1. What is another name for Pancake Day?**

b) Shrove Tuesday

**2. What is the main reason people traditionally eat pancakes on this day?**

a) To use up rich ingredients before Lent

**3. What does the word "Shrove" mean?**

a) To confess sins and seek forgiveness

**4. Pancake Day always falls on a different date each year. Why?**

b) It is linked to the date of Easter

**5. What ingredient is often used to make pancakes rise and become fluffy?**

a) Baking powder

**6. What is the record for the most pancake flips in one minute?**

b) 140

**7. Thin, delicate pancakes called crêpes are most associated with which country?**

a) France

**8. What do many people give up for Lent, the period after Pancake Day?**

a) Chocolate or sweets

**9. Some towns have a famous tradition of running races while flipping pancakes. What is this called?**

b) The Pancake Race

**10. What should you do if your pancake lands on the floor while tossing it?**

b) Laugh and try again

Cut these out and put them on the tables during the activity for conversation starters

### **Reminiscing Table Conversation Starters**

1. Did you celebrate Pancake Day as a child? What do you remember about it?
2. Who used to make pancakes in your family? Did they have a special recipe?
3. What was your favourite pancake topping when you were younger? Has it changed over the years?
4. Did you ever try flipping a pancake? Did it land in the pan—or on the floor?

### **Reminiscing Table Conversation Starters**

5. Have you ever taken part in a pancake race or watched one?
6. What is the best pancake you've ever eaten? Where were you, and who was with you?
7. In your childhood home, was Pancake Day a big tradition, or was it just another meal?

### **Reminiscing Table Conversation Starters**

8. Did you ever help mix the pancake batter when you were young?
9. Do you prefer thin crêpes or thick, fluffy pancakes? Why?
10. Have you ever tried an unusual pancake topping? What was it?



# Pancake Day Stories

## A Nostalgic Pancake Day Story "The Pancake That Got Away"



As a child, Margaret always loved Pancake Day. The smell of warm batter filled the kitchen as her mother stood at the stove, a frying pan in hand. "Ready, Margaret?" her mother asked, smiling.

Margaret nodded, excitement bubbling inside her. Every year, her job was to sprinkle the sugar and squeeze the lemon—if she could resist licking her fingers first!

But this year was special. "Would you like to try flipping one?" her mother asked. Margaret's eyes went wide. "Really?"

She took the pan, her small hands gripping the handle tightly. The pancake sizzled, golden and perfect. "One, two, three—flip!" she called out.

Up it went. Spinning, turning... and then—oh dear!—straight onto the ceiling.

For a moment, there was silence. Then—plop!—it fell right onto her dad's newspaper.

Margaret's parents burst out laughing, and soon, she was giggling too. "Well," her dad said, brushing off bits of pancake, "I guess I'll have my news served with syrup today!"

That year, Margaret decided that maybe she was better at eating pancakes than flipping them—but every Shrove Tuesday, she still tried, just for fun.

Have you got any stories from past Pancake Days?

# PANCAKE RECIPE

## Ingredients

(Makes about 8 medium pancakes)

### For thin Pancakes:

- 1 cup (125g) plain flour
- 2 eggs
- 1 cup (250ml) milk
- ½ cup (125ml) water (optional for extra thin crêpes)
- A pinch of salt
- 1 tbsp melted butter or oil (plus extra for cooking)

### For fluffy pancakes:

- 1 cup (125g) self-raising flour (or plain flour + 1 tsp baking powder)
- 1 tbsp sugar (optional, for sweetness)
- 1 egg
- ¾ cup (180ml) milk
- A pinch of salt
- 1 tbsp melted butter or oil (plus extra for cooking)

## Method

### 1 Mix the batter:

In a bowl, mix together the flour and salt.

Make a well in the center, crack in the eggs, and whisk.

Slowly add the milk (and water if making crêpes), whisking until smooth.

Stir in melted butter or oil.

### 2 Heat the pan:

Lightly grease a non-stick frying pan with butter or oil.

Heat over medium heat until hot but not smoking.

### 3 Cook the pancakes:

**For thin pancakes** (crêpes): Pour a small amount of batter into the pan and swirl to coat the base. Cook for about 1-2 minutes, then flip and cook the other side.

**For fluffy pancakes:** Pour small rounds of batter into the pan and cook until bubbles appear (about 2 minutes), then flip and cook for another 1-2 minutes

### 4 Serve and enjoy!

Add your favorite toppings—lemon & sugar, syrup, fruit, or chocolate spread!

**Favorite Pancake Toppings:**

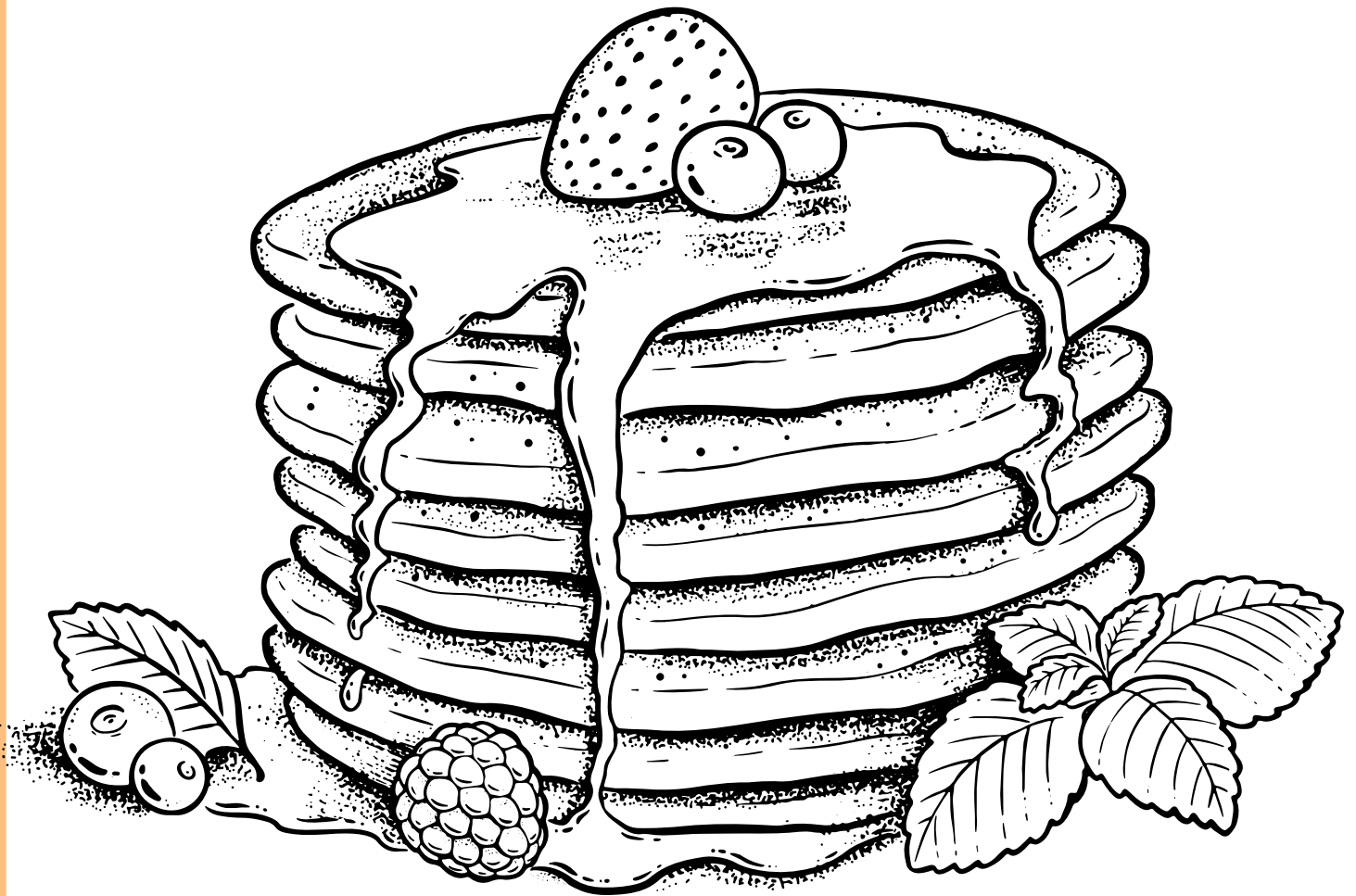
- Lemon & sugar
- Maple syrup or honey
- Chocolate spread
- Fresh fruit (bananas, berries)
- Whipped cream
- Ice cream
- Savory toppings (cheese, ham)



# Shrove Tuesday

Shrove Tuesday is celebrated 47 days before Easter Sunday every year... you may know it as Pancake Day!

Have a go at colouring in your own pancakes. Yum!



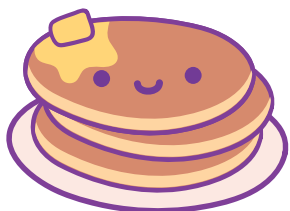


# Pancake Day

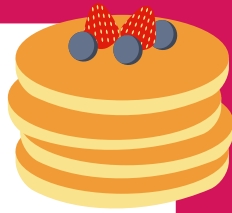


P	U	R	Y	S	T	B
A	C	E	R	T	U	E
N	N	T	N	A	T	R
C	T	T	E	C	E	R
A	P	U	K	K	T	I
K	T	B	H	A	D	E
E	W	P	T	P	U	S
S	O	M	A	E	R	C

CREAM BERRIES PANCAKES  
STACK BUTTER SYRUP



# Pancake Day Wordsearch



p	a	n	m	i	l	k	e	g	s
t	s	d	y	l	n	t	l	p	b
m	p	a	n	c	a	k	e	s	a
s	h	v	r	e	e	g	n	f	t
h	f	b	y	i	g	e	t	s	t
r	b	a	t	t	g	p	a	n	f
o	t	t	u	e	s	d	a	y	l
v	s	t	s	d	p	n	c	a	o
e	d	e	b	a	t	e	g	f	u
h	f	r	y	i	n	g	o	l	r



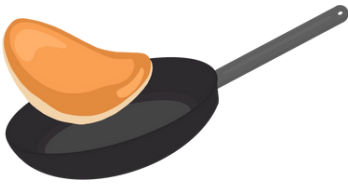
Shrove  
Tuesday  
Lent

batter  
frying  
pancake

flour  
milk  
eggs

# We'll Be Flipping Pancakes Today

(Tune: She'll Be Coming Round the Mountain)



We'll be flipping pancakes today, hooray! (clap, clap)  
We'll be flipping pancakes today, hooray! (clap, clap)  
We will mix them, we will fry them,  
We will toss them way up high then,  
We'll be flipping pancakes today, hooray!

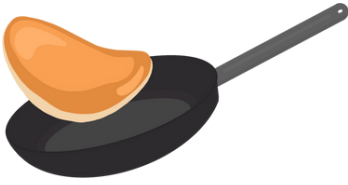
We'll be topping them with sugar and with jam... (yum, yum)  
We'll be pouring on the syrup—what a plan! (drip, drop)  
We will eat them up so quick,  
With a lemon, just a lick,

We'll be topping them with sugar and with jam!  
If you flip too high, it might just hit the floor... (oh no!)  
Or it might get stuck up high upon the door! (oh dear!)  
But we'll laugh and we will cheer,  
'Cause Pancake Day is here,  
And we'll flip them even higher than before!



# Flip, Flip, Flip Your Pancake

(Tune: Row, Row, Row Your Boat)



## "Flip, Flip, Flip Your Pancake"

(Tune: Row, Row, Row Your Boat)

Flip, flip, flip your pancake, toss it in the air,  
Catch it quick, don't let it fall—try it if you dare!

Mix, mix, mix the batter, make it nice and thin,  
Pour it in the frying pan, now let the fun begin!

Top, top, top your pancake, what will you choose?  
Lemon, syrup, chocolate spread—there's nothing you can  
lose!

Eat, eat, eat your pancake, warm and golden brown,  
Take a bite and smile so big, don't let it tumble down!

= Happy =  
**Pancake**  
Day! 🍓