Today is Pancake Day.

Many people make and eat pancakes using flour, milk and eggs.

Put these instructions for making pancakes in the correct order.

- Cook the pancake for 30-40 seconds.
- Pour the mixture into the frying pan.
- Serve with lemon and sugar.
- Mix the flour, milk and eggs together using a whisk.
- Put the flour in a bowl and mix in the milk and eggs.
- Put some oil in a frying pan and heat for one minute.



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- Pancake Day is also known as Shrove Tuesday.
- It is the last day before Lent.
- Lent comes before Easter.
- People give up certain foods during Lent.
- During Lent there are many foods that some Christians do not eat, foods such as meat and fish, fats, eggs, and milky foods.
- A lot of people don't not eat foods that they really like such as chocolate or sweets.
- Pancakes use up all the eggs, fats and milk in the house ready for Lent.



 If you had to give up a food you liked for Lent which food would it be?

• I would give

