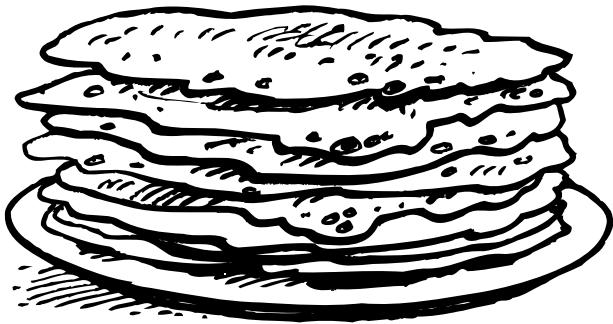


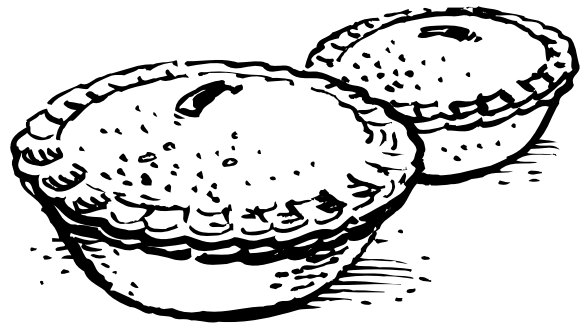
# Fancy that!

Did you know that many of the foods that we eat at special times in the year have a story behind them?



## ● Why do we eat pancakes on Shrove Tuesday?

In the olden days, everybody gave up rich food during Lent to mark the 40 days and 40 nights that Jesus Christ went into the wilderness to fast. Shrove Tuesday is the day before Lent begins and on that day everyone made pancakes so that they could use up all the eggs and fat in the house before Lent began. On Easter Sunday, they were able to eat eggs again because this was the day that Christ rose from the dead – a time to celebrate new life again. And that is why we eat Easter eggs on that day.



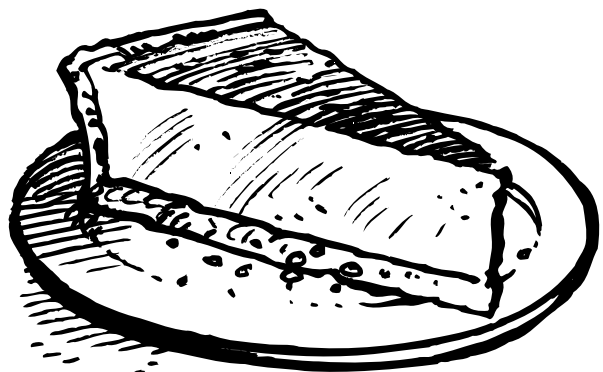
## ● Why do we eat mince pies at Christmas?

Mince pies have been served at Christmas since the early Christian days to celebrate Christ's birth. Long ago, the pies were oval-shaped. The pastry case was said to be the manger where Christ was born, and the mincemeat was the baby Jesus. The spices represented the Three Kings. Then some people complained that it was wrong to represent Christ in that way and mince pies were forbidden. But then someone had the idea of making them round instead of oval and putting a pastry lid on them – which is how we eat them today.



## ● Why do Chinese people eat moon cakes at harvest-time?

Moon cakes are little buns that are filled with fruit, nuts, spices and sugar. Some people say that they are eaten at the harvest Moon Festival to apologise to all the ghosts of the fish and animals that have been eaten during the past year. Others say that they celebrate a great victory over the cruel Mongols who ruled them in the 14th century. When the Chinese planned an uprising against the Mongols, they sent secret messages to all those taking part by hiding them in the moon cakes. When the people bit into the cakes they found out what they had to do. It worked and the Mongols were driven out of China.



## ● Why do Jewish people eat cheesecake at Shavuot?

Shavuot is a major Jewish festival which includes celebrations for the harvest and the journey of the Jewish people to the 'land of milk and honey'. The festival takes place during May or June each year and to celebrate, people eat cheesecake – a very tasty way of combining milk and honey. Sometimes children eat sweets made from honey instead.

