**PANCAKE DAY / LENT**

Pancake Day is eagerly awaited and hungrily celebrated each year, offering an opportunity for a final blow-out before giving up the good stuff for lent. This then lasts for 40 days! This year, Shrove Tuesday falls on 1 March, giving people around the UK the chance to mark the onset of spring with a welcome feast.

Lent is the period of 40 days which comes before Easter in the Christian calendar. Beginning on Ash Wednesday, Lent is a season of reflection and preparation before the celebrations of Easter.

During Lent, many people decide to give something up that they love - perhaps chocolate, sweets or even using social media.

Others might decide to take up something, like helping out more at home or some extra exercise routine.

**Why do people give things up until Easter Sunday?**

Millions of people do this during Lent as a sign of sacrifice and to test their self-discipline.