



Caladenia



G'day Everybody,

This week's activity pack is filled to the brim! There is information and activities on Valentine's day, Pancake Day/Shrove Tuesday, also Mardi Gras, which is another celebration which is celebrated for the same reasons as Shrove Tuesday!

If you can, pop on some love songs, get to the kitchen, get your frying pan out and have a boogie and make some pancakes! Yum!

Enjoy!

Take care all and have a great week,

The Caladenia Team



This year Shrove Tuesday is on February 16th, 2021.
It always falls the day before Lent and 47 days before Easter.

What is Shrove Tuesday?

The name Shrove Tuesday comes from 'shrive', meaning absolution for sins by doing penance. The day gets its name from the tradition of Christians trying to be 'shriven' before Lent. Christians would go to Confession, where they admit their sins to a priest and ask for absolution. A bell would be rung to call them to Confession, which was called the 'pancake bell'. It is still rung today.

In the US it is called Mardi Gras aka 'Fat Tuesday' in French mainly because we use up the fatty foods before Lent.

Why does the date of Pancake Day change every year?

The date of Shrove Tuesday always falls between February 2 and March 9 and depends on the date of Easter. Easter can fall anywhere in a 35-day span based off this (March 22 - April 25), because the earliest date it can fall is when there is a notional full moon, March 21. That means the earliest date Easter can be (a Sunday) is March 22, but the last time that happened was 1818 and the next will be 2285. The date is based on the moon. Jesus held the Last Supper with the night of Passover and then dies the next day, Good Friday. The beginning of Passover is determined by the vernal equinox, hence why the dates move.

Why do we eat pancakes on Shrove Tuesday?

Pancakes are now forever associated with Shrove Tuesday as it is a sort of all-in-one way of using up some fatty foods before Lent. In the past the idea was for families to clear out their cupboards and remove the fattening foods (normally the tempting ones), so they are not in their house during Lent. Eggs, milk and sugar are not traditionally eaten in fasting season, so need to be scoffed beforehand. The actual tradition of mixing them up for pancakes is thought to come from a pagan ritual, but others say it is a Christian tradition - with each ingredient representing one of the four pillars of the faith. Eggs for creation, flour sustenance or the staff of life, salt for wholesomeness and milk for purity. If you are wondering why we toss pancakes it looks like it's a tradition that dates back far longer than any of us have been around. The pancake features in cookbooks as far back as 1439 and the idea of tossing them is almost as old. "And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne." (Pasquil's Palin, 1619).



What is the main ingredient of the Spanish dish, paella?

What herb is used to make pesto sauce?

Pancetta comes from which country?

Conchiglie, perciatelli and bucatini are types of what?

Kedgeree is usually eaten at what time of day?

What is a madeleine?

Profiteroles are usually made with which type of pastry?

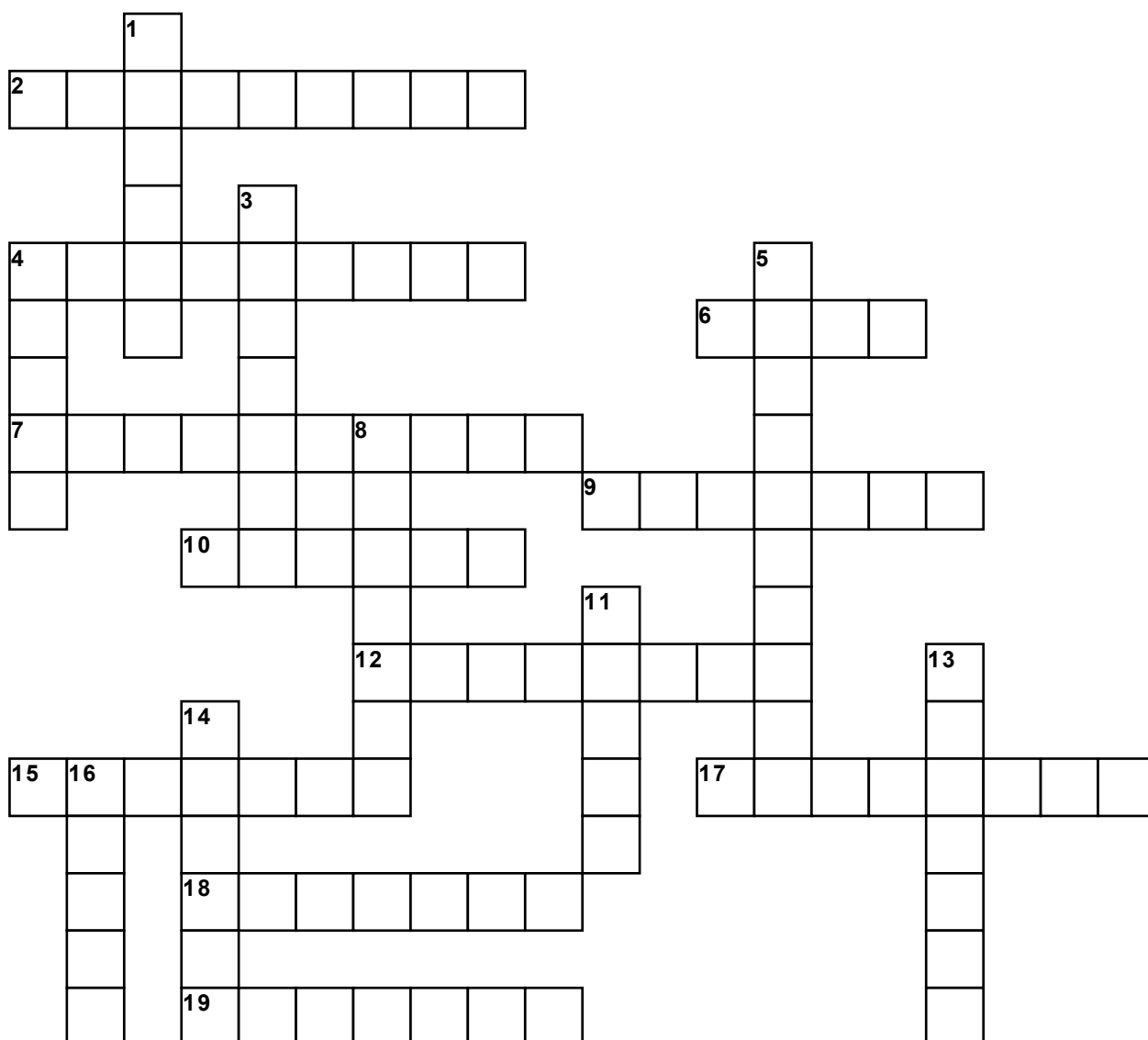
Bearnaise sauce usually contains which herb?

What meat is traditionally eaten by Americans on Thanksgiving Day?

What is chorizo?

Savoy, Late Flat Dutch and Early Jersey Wakefield are varieties of which vegetable?

Fruit & Vegetable Crossword



Across

- 2 - Another name for spring onions (9)
- 4 - Fruit topping on Hawaiian pizza (9)
- 6 - Popular fruit associated with New Zealand (4)
- 7 - A variety of melon (10)
- 9 - Green herb used to make tabouli (7)
- 10 - Another name for pawpaw (6)
- 12 - Another name for chickpeas (8)
- 15 - Vegetable said to be good for eyesight (7)
- 17 - Bright red root vegetable (8)
- 18 - Popular Halloween vegetable (7)
- 19 - Vegetable loved by Popeye (7)

Down

- 1 - Monkeys like this fruit (6)
- 3 - Popular plant which is the source of Tapioca flour (7)
- 4 - A fruit that rhymes with 'beach' (5)
- 5 - Italian vegetable soup (10)
- 8 - Sailors ate this in the 19th century to prevent Scurvy (7)
- 11 - One of the most popular fruit in the world, starting with 'm' (5)
- 13 - The type of bean that is used to make Baked Beans (7)
- 14 - Wine is made from it (6)
- 16 - Eve ate one (5)

Art for Relaxation

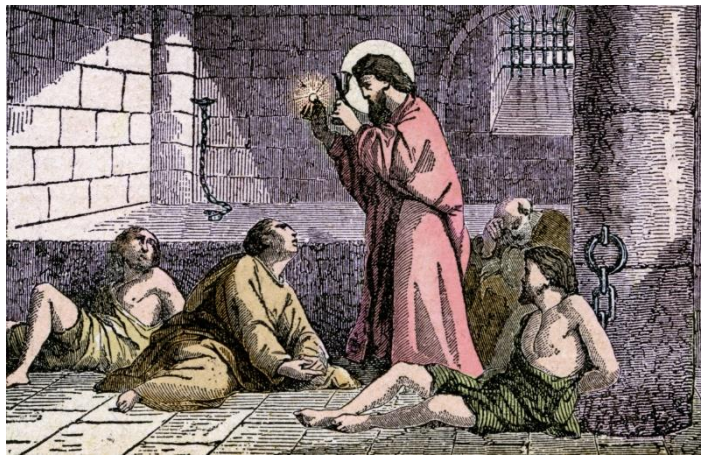
Welcome to Caladenia's Pancake Club!





Valentine's Day occurs every February 14. Across the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and where did these traditions come from?

The Legend of St. Valentine



The history of Valentine's Day—and the story of its patron saint—is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite? The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He, too, was beheaded by Claudius II outside Rome.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine sent the first "valentine" greeting himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your

Valentine,” an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and—most importantly—romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

Origins of Valentine’s Day: A Pagan Festival in February

While some believe that Valentine’s Day is celebrated in the middle of February to commemorate the anniversary of Valentine’s death or burial—which probably occurred around A.D. 270—others claim that the Christian church may have decided to place St. Valentine’s feast day in the middle of February in an effort to “Christianise” the pagan celebration of Lupercalia. Celebrated at the ides of February, or February 15, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperci, an order of Roman priests, would gather at a sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would sacrifice a goat, for fertility, and a dog, for purification. They would then strip the goat’s hide into strips, dip them into the sacrificial blood and take to the streets, gently slapping both women and crop fields with the goat hide. Far from being fearful, Roman women welcomed the touch of the hides because it was believed to make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city’s bachelors would each choose a name and become paired for the year with his chosen woman. These matches often ended in marriage.

Lupercalia survived the initial rise of Christianity but was outlawed—as it was deemed “un-Christian”—at the end of the 5th century when Pope Gelasius declared February 14 St. Valentine’s Day. It was not until much later, however, that the day became definitively associated with love. During the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds’ mating season, which added to the idea that the middle of February should be a day for romance. The English poet Geoffrey Chaucer was the first to record St. Valentine’s Day as a day of romantic celebration in his 1375 poem “Parliament of Foules,” writing, ““For this was sent on Seynt Valentyne’s day / Whan every foul cometh ther to choose his mate.”

Valentine greetings were popular as far back as the Middle Ages, though written Valentine’s did not begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. (The greeting is now part of the manuscript collection of the British Library in London, England.) Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

Word Search

CHOCOLATE



Z G R Y B D E T S A O R F W
J V F G U W X A L I Q U I D
M T D E T I H W T J L A R X
R N P S T A H C O M I L K V
A A O A E P A N S F Z N L O
L D W Z R E T H A Y A M R D
L N D T X T E M P E R I N G
I O E E I A E X X E B S D E
N F R C V L W C A K E N N D
A V I S C O S I T Y S A U L
V F R E H C A N A G U E O O
C O C O A O I W S O G B R M
S A R O T H Y A O V A D G W
S H J D K C L Y D A R K O J

Aztec

Cake

Fondant

Maya

Powder

Sweet

White

Beans

Chocolate

Ganache

Milk

Roasted

Tempering

Brazil

Cocoa

Ground

Mocha

Snap

Vanilla

Butter

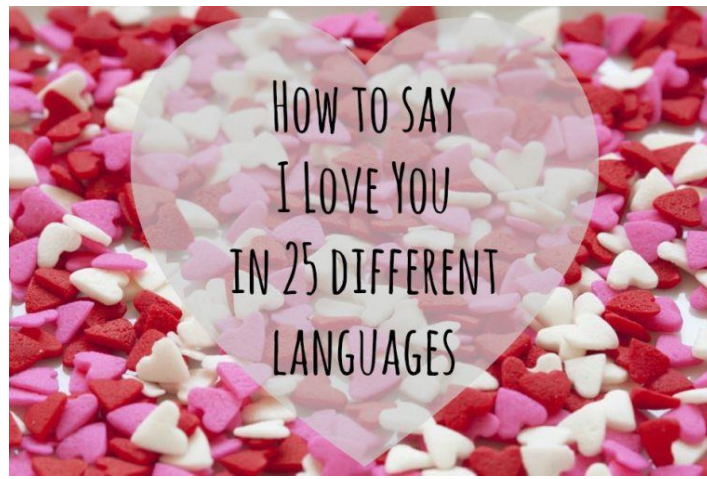
Dark

Liquid

Mold

Sugar

Viscosity



German - Ich liebe dich

French - Je t'aime

Brazilian - Portuguese Te amo

Italian - Ti Voglio bene

Spanish - Te quiero

Croatian - Volim te

Dutch - Ik hou van jou

Greek - S'agapo

Japanese - Aishiteru

Polish - Kocham cie

Turkish - Seni seviyorum

Yiddish - Ikh hob dikh

Russian - Ya tebya liubliu

Mandarin - Wo ai ni

Creole - Mi aime jou

Farsi - Tora dost daram

Danish - Jeg elsker dig

English - I love you

Esperanto - Mi amas vin

Fijian - Au lomani iko

Maori - E aroha ana ahau ki a koe

Porteguese – Eu te amo

Swedish – Jag älskar dig

Mexican – Te amo

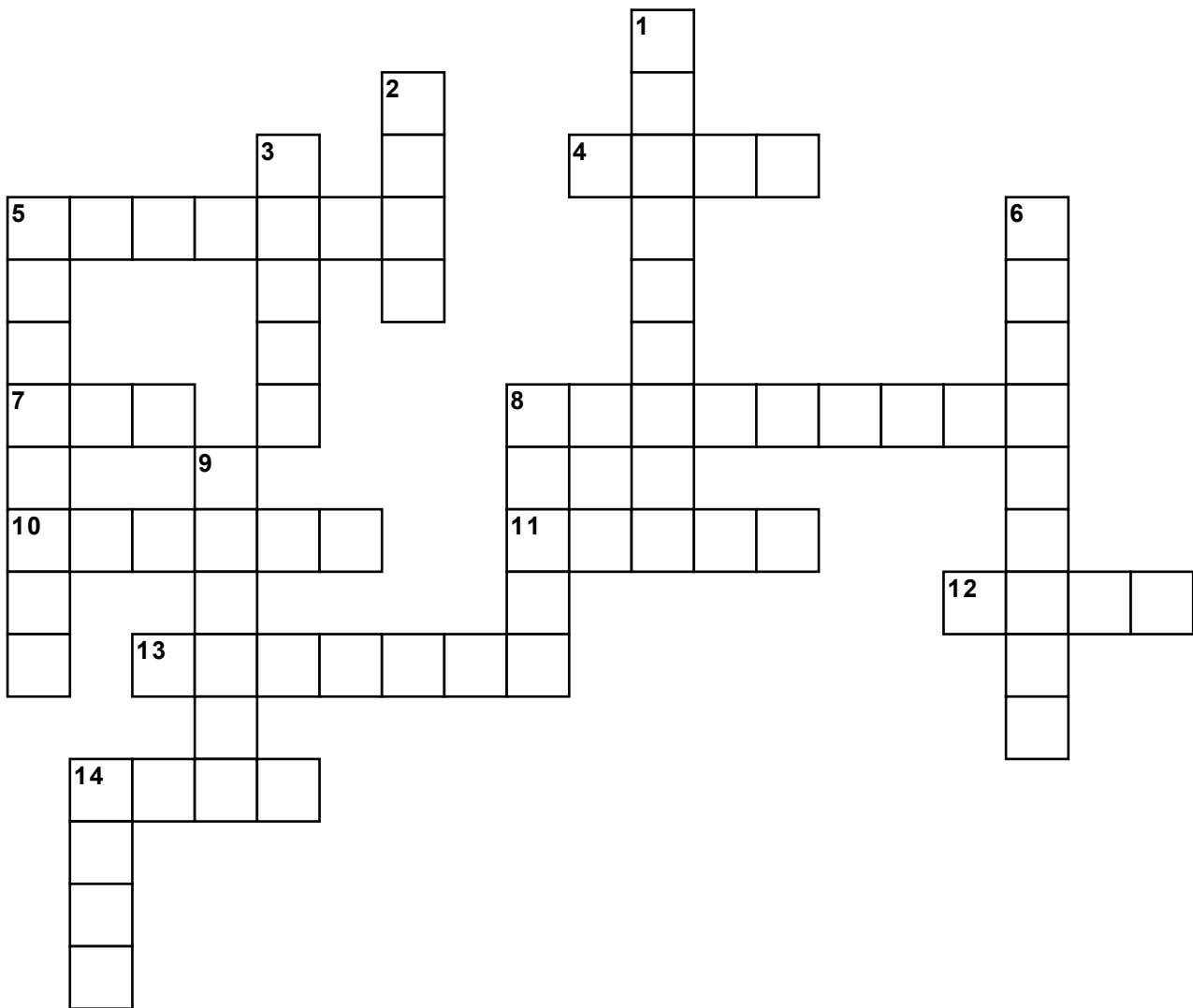
Filipino – Mahal kita





1. 'Ich liebe dich' means 'I love you' in which language?
2. What is the term used when a couple on a date share entertainment expenses?
3. Something you wear on your finger?
4. Why do Grooms carry their bride over the threshold?
5. In which city did Romeo meet Juliette?
6. Who buys more cards on Valentine's Day: men or women?
7. The most popular gift on Valentine's Day are flowers; what is the second most popular gift?
8. In Greek Mythology, the God of Love is...
9. Who is the Goddess of Love in Roman mythology?
10. In which movie did Elizabeth Taylor and Richard Burton first meet?
11. Why is rice thrown at a wedding?
12. Why do some people tie tin cans at the back of the newlyweds' vehicles?
13. Complete the names of these famous lovers:
 - Abelard and ...
 - Cleopatra and ...
 - Tristan and ...
14. Who wrote 'Tis better to have loved and lost, than never to have loved at all'?
15. When did St. Valentine's Day become an officially celebrated day in England?
16. Nat King Cole sings a song called LOVE; can you sing the first line?
17. Which monument in India was built as a gift of love?
18. Name the cherub who shoots arrows of love into the hearts of lovers?
19. Which professionals receive the most cards on Valentine's Day?
20. Why is the heart a symbol for Valentine's Day?

Valentine's Day



Across

- 4 - My true (4)
- 5 - Sometimes they come in bouquets (7)
- 7 - The colour associated with this day (3)
- 8 - A dry, white table wine produced in France (9)
- 10 - Cupid shoots these (6)
- 11 - Compositions in verse (5)
- 12 - White and red mixed (4)
- 13 - A person who is greatly loved (7)
- 14 - The flower of love (4)

Down

- 1 - A popular gift on this day made from cocoa (9)
- 2 - Sealed with a ... (4)
- 3 - Symbol of love (5)
- 5 - The month of Valentine's Day (8)
- 6 - Would you be my? (9)
- 8 - The ancient Roman god of love (5)
- 9 - St. Valentine is known as the patron saint of (6)
- 14 - Something you wear on your finger (4)

Word Search

VALENTINE'S DAY



L A C E H K I N D N E S S C
K L A I X L O V E R S W P H
F O R G E T M E N O T E I O
L V D K E R O M A N C E N C
O E S H Z C U P I D H T K O
W I V A L E N T I N E H H L
E H V P Q G K H U G S E E A
R E D P C L C A N D Y A A T
S O W Y F R I E N D S R R E
F E B R U A R Y I V A T T B

Lovers
Happy
February
Love
Chocolate

Red
Heart
Cupid
Flowers
Friends

Lace
Hugs
Sweetheart
Cards
Forget-me-not

Kindness
Romance
Pink
Valentine
Candy





Mardi Gras or Fat Tuesday, refers to events of the Carnival celebration, beginning on or after the Christian feasts of the Epiphany (Three Kings Day) and culminating on the day before Ash Wednesday, which is known as Shrove Tuesday. Mardi Gras is French for "Fat Tuesday", reflecting the practice of the last night of eating rich, fatty foods before the ritual Lenten sacrifices and fasting of the Lenten season.

Related popular practices are associated with Shrovetide celebrations before the fasting and religious obligations associated with the penitential season of Lent. In countries such as the United Kingdom, Mardi Gras is also known as Shrove Tuesday, which is derived from the word shrive, meaning "to administer the sacrament of confession to; to absolve".

History

133–31 BC

Some think Mardi Gras may be linked with the ancient Roman pagan celebrations of spring and fertility such as Saturnalia, which dates back to 133–31 BC. This celebration honoured the god of agriculture, Saturn. It was observed in mid-December, before the sowing of winter crops. It was a week-long festival when work and business came to a halt. Schools and courts of law closed, and the normal social patterns were suspended.

On the Julian calendar, which the Romans used at the time, the winter solstice fell on December 25. Hence, the celebration gradually became associated with Christmas.

Traditions

The festival season varies from city to city, as some traditions, such as the one in New Orleans, Louisiana, consider Mardi Gras to stretch the entire period from Twelfth Night (the last night of Christmas which begins Epiphany) to Ash Wednesday. Others treat the final three-day period before Ash Wednesday as the Mardi Gras. In Mobile, Alabama, Mardi Gras–associated social events begin in November, followed by mystic society balls on Thanksgiving, then New Year's Eve, followed by parades and balls in January and February, celebrating up to midnight before Ash Wednesday. In earlier times, parades were held on New Year's Day.

Carnival is an important celebration in Anglican and Catholic European nations.

Czech Republic

In the Czech Republic it is a folk tradition to celebrate Mardi Gras, which is called Masopust (meat-fast i.e., beginning of fast there). There are celebrations in many places including Prague, but the tradition also prevails in the villages such as Staré Hamry, who is the door-to-door processions there made it to the UNESCO World Intangible Cultural Heritage List.

Germany

Main articles: Karneval, Fasching and Fastnacht

The celebration on the same day in Germany knows many different terms, such as Schmutziger Donnerstag or Fetter Donnerstag (Fat Thursday), Unsinniger Donnerstag, Weiberfastnacht, Greesentag and others, and are often only one part of the whole carnival events during one or even two weeks before Ash Wednesday be called Karneval, Fasching, or Fastnacht among others, depending on the region. In standard German, schmutzig means "dirty", but in the Alemannic dialects schmotzig means "lard" (Schmalz), or "fat"; "Greasy Thursday", as remaining winter stores of lard and butter used to be consumed at that time, before the fasting began. Fastnacht means "Eve of the Fast", but all three terms cover the whole carnival season. The traditional start of the carnival season is on 11 November at 11:11 am (11/11 11:11).

Italy

In Italy Mardi Gras is called Martedì Grasso (Fat Tuesday). It is the main day of Carnival along with the Thursday before, called Giovedì Grasso (Fat Thursday), which ratifies the start of the celebrations. The most famous Carnivals in Italy are in Venice, Viareggio and Ivrea. Ivrea has the characteristic "Battle of Oranges" that finds its roots in medieval times. The Italian version of the festival is spelled Carnevale.

Sweden

In Sweden, the celebration is called Fettisdagen when you eat fastlagsbulle, more commonly called Semla. The name comes from the words "fett" (fat) and "tisdag" (Tuesday). Originally, this was the only day one should eat fastlagsbullar.

United States

While not observed nationally throughout the United States, several traditionally ethnic French cities and regions in the country have notable celebrations. Mardi Gras arrived in North America as a French Catholic tradition with the Le Moyne brothers, Pierre Le Moyne d'Iberville and Jean-Baptiste Le Moyne de Bienville, in the late 17th century, when King Louis XIV sent the pair to defend France's claim on the territory of Louisiane, which included what are now the U.S. states of Alabama, Mississippi, Louisiana and part of eastern Texas.

The expedition, led by Iberville, entered the mouth of the Mississippi River on the evening of 2 March 1699 (new style), Lundi Gras. They did not yet know it was the river explored and claimed for France by René-Robert Cavelier, Sieur de La Salle in 1683. The party proceeded upstream to a place on the east bank about 60 miles (100 km) downriver from where New Orleans is today and made camp. This was on 3 March 1699, Mardi Gras, so in honour of this holiday, Iberville named the spot Point du Mardi Gras and called the nearby tributary Bayou Mardi Gras. Bienville went on to find the settlement of Mobile, Alabama in 1702 as the first capital of French Louisiana. In 1703 French settlers in Mobile established the first organised Mardi Gras celebration tradition in what was to become the United States. The first informal mystic society, or krewe, was formed in Mobile in 1711, the Boeuf Gras Society. By 1720, Biloxi had been made capital of Louisiana. The French Mardi Gras customs had accompanied the colonists who settled there.

Word Search

MARDI GRAS



K A J A C K S O N S Q U A R E K N
W K P L R E T R A U Q H C N E R F
K S E T Y L K L K O Q E L I T Y U
T A N E H I J O C C W T A N T I H
F R F N L O C U B E U C S P I O M
T G W O Q B R I T L B I N A F Y S
A I S T X H D S B E A R A R A S S
Z D I S E S U A M B L T E A L A A
A R D E Q I R R U R C S L D N E L
F A S L W F Q M F A O I R E A G L
J M D B I W Z S F T N D O U E I I
L G A B K A Y T A I Y N W M J B G
S I E O S R I R L O B E E A O Z A
I R B C G C H O E N A D N S R Z T
X B Y I D L H N T V Y R T K W A O
Q J N G S E Q G T M O A H S O J R
F A T T U E S D A Y U G O C O T W

Jackson Square
Louis Armstrong
Celebration
Mardi Gras
Parade

Crawfish Boil
New Orleans
Garden District
Fat Tuesday
Jean Lafitte

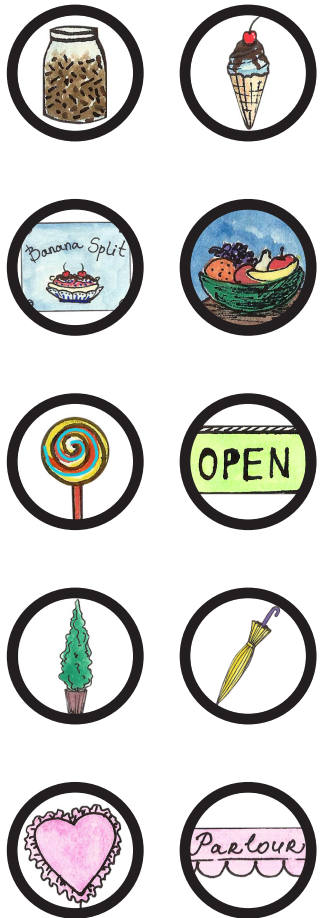
Cobblestone
French Quarter
Big Easy
Jazz
Muffaletta

Alligator
Beads
Bayou
Balcony
Masks



FIND THE HIDDEN OBJECTS

Can you find all 10?



Word Ladder #3

Love - Care

Instructions: In word ladders, you change one word into another. At each step along the way, change just one letter to make a new word. Clues are given at each step!

Answers	Hint
LOVE	Extreme fondness
— — — —	Happening now
— — — —	Place for bees
— — — —	Try not to be found
— — — —	Ocean motion
— — — —	Measure the duration of
— — — —	Not wild
— — — —	Celebrity status
— — — —	Ticket price
CARE	Close attention



Answers

1. Rice, 2. Basil, 3. Italy, 4. Pasta, 5. Breakfast, 6. Small sponge cake, 7. Choux, 8. Tarragon, 9. Turkey, 10. Spicy Sausage, 11. Cabbage

Mardi Gras Wordsearch

K A J A C K S O N S Q U A R E K N
W K P L R E T R A U Q H C N E R F
K S E T Y L K L K O Q E L I T Y U
T A N E H J O C C W T A N T I H
F R F N L O C U B E U C S P O M
T G W O Q B R T L B N A F Y S
A S T X H D S B E A R A R A S S
Z D I S E S U A M B L T E A L A A
A R D E Q R R U R C S L D N E L
F A S L W F Q M F A O S R E A G L
J M D B I W Z S F T N D O U E I
L G A B K A Y T A Y N W M J B G
S I E O S R I R I L O B E E A O Z A
I R B C G C H O E N A D N S R Z T
X B Y I D L H N T V Y R T H W A O
Q J N G S E Q G T M O A H S O J R
F A T T U E S D A Y U G O C O T W

CHOCOLATE

Z G R Y B B E T S A O R F W
J V F G U W X A L I Q U I D
M T D E T I H W T J L A R X
R M P S T A H C O M L K V
A A O A E P A N S F Z N L O
L D W Z R E T H A Y A M R D
L M D T X T E M P E R I N G
I O E E I A E X X E B S D E
N F R C V L W C A K E N M D
A V I S C O S I T Y S A U I L
V F R E H C A N A G U E O O
C O C O A O I W S O G B R M
S A R O T H Y A O V A D G W
S H J D K C L Y B A R K O J

Word Search

VALENTINE'S DAY



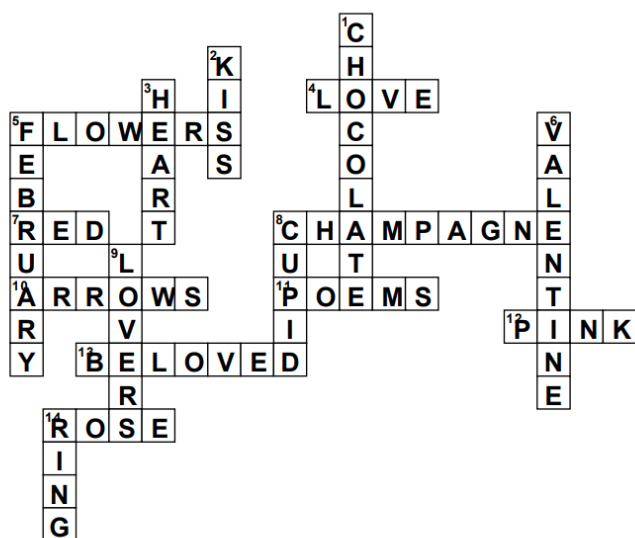
L A C E H K I N D N E S S C
K I L A I X L O V E R S W P H
F O R G E T M E N O T E I O
L V D K E R O M A N C E N C
O E S H Z G U P I D H T K O
W I V A L E N T I N E H H L
E H V P Q G K H U G S E E A
R E D P C L G A N D Y A A T
S O W Y F R I E N D S R R E
F E B R U A R Y I V A T T B



Answers

- German
- 'Going Dutch'
- Ring
- Traditionally the bride had to enter the house through the front door; since tripping or stumbling was considered bad luck, the groom would carry the bride
- Verona, Italy
- Men
- Chocolates
- Eros
- Venus
- On the set of 'Cleopatra'
- Traditionally rice is a symbol of fertility and prosperity
- It was believed that the noise would keep evil spirits away
- Abelard and Heloise - Cleopatra and Mark Anthony – Tristan and Isolde
- Lord Alfred Tennyson
- It was declared as an official day by King Henry VIII in 1537
- 'L' is for the way you look at me 'O' is for the only one I see 'V' is very, very extraordinary 'E' is even more than anyone that you adore
- The Taj Mahal
- Cupid
- Teachers
- Because ancient people believed the soul resided in the heart.

Valentine's Day



Word Ladder #3 – Answers

Love - Care

How did you do? Answers provided below.

Answers	Hint
LOVE	Extreme fondness
LIVE	Happening now
HIVE	Place for bees
HIDE	Try not to be found
TIDE	Ocean motion
TIME	Measure the duration of
TAME	Not wild
FAME	Celebrity status
FARE	Ticket price
CARE	Close attention

Fruit & Vegetable Crossword



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