

# DIFFERENT WAYS TO CELEBRATE FAT THURSDAY AROUND THE WORLD

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# Regulamin korzystania z materiałów edukacyjnych



## 1. Postanowienia ogólne

- 1.1. Niniejszy regulamin określa zasady korzystania z materiałów edukacyjnych Reach&Teach.
- 1.2. Korzystanie z materiałów edukacyjnych oznacza akceptację niniejszego regulaminu przez użytkownika.
- 1.3. Materiały edukacyjne są przeznaczone wyłącznie do użytku osobistego.

## 2. Prawa autorskie

- 2.1. Wszystkie materiały edukacyjne stworzone przez Reach&Teach są chronione prawem autorskim.
- 2.2. Zabrania się kopiowania, rozpowszechniania, modyfikowania oraz wykorzystywania materiałów w celach komercyjnych bez wyraźnej zgody właściciela.
- 2.3. Nabycie materiałów edukacyjnych nie przenosi na użytkownika żadnych praw własności intelektualnej.

## 3. Zakres użytkowania

- 3.1. Użytkownik może korzystać z materiałów wyłącznie na użytek własny, edukacyjny.
- 3.2. Zabronione jest udostępnianie materiałów osobom trzecim, w szczególności ich dalsza sprzedaż lub dystrybucja.
- 3.3. Każdy materiał zawiera indywidualny znak identyfikacyjny, a naruszenie regulaminu może prowadzić do nałożenia sankcji prawnych.

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**Read the text.**



## **DIFFERENT WAYS TO CELEBRATE FAT THURSDAY AROUND THE WORLD**

Fat Thursday is a highly anticipated occasion for those with a sweet tooth! This day marks the beginning of the final week before Lent, a solemn period of fasting and reflection observed in many Christian traditions. While Poland is famous for its delicious light, fluffy doughnuts filled with jam or custard—many other countries have their own ways of celebrating. Let's explore the diverse traditions of different nations and see how they embrace this festive occasion.

### **Poland**

In Poland, Tłusty Czwartek (Fat Thursday) is all about indulgence, with Polish doughnuts (pączki) taking center stage. These golden, deep-fried pastries are traditionally filled with rose jam or vanilla custard and dusted with powdered sugar. Bakeries operate at full capacity, and long lines form early in the morning as people rush to get the freshest batch. There's even a belief that skipping one on this day could bring bad luck—so everyone makes sure to enjoy at least one! Another favorite treat is angel's wings, crispy, ribbon-like pastries that melt in the mouth and are generously sprinkled with powdered sugar.

### **Germany – Berliner Madness**

In Germany, particularly in the Rhineland, people celebrate a similar tradition known as Weiberfastnacht (Women's Carnival). This day is filled with fun, costumes, and delicious treats, with Berliners—a type of jelly-filled doughnut—being the star dessert. Some mischievous revelers play pranks by filling a few Berliners with mustard instead of jam, catching unsuspecting friends off guard! The lively carnival atmosphere, filled with music and parades, makes this day an exciting prelude to Lent.

### **Italy – Giovedì Grasso**

Italy's version of Fat Thursday, Giovedì Grasso, is an essential part of the country's famous Carnival celebrations. Italians enjoy chiacchiere, thin, crispy pastries covered in powdered sugar, as well as castagnole, small deep-fried dough balls that can be filled with custard, chocolate, or even liqueur-infused creams. The streets of cities like Venice and Rome come alive with colorful masks, elaborate costumes, and joyful parades, making the festivities a feast for the senses.



**Read the text.**



### **France – Mardi Gras Begins**

Although France is better known for Mardi Gras (Fat Tuesday), the celebrations start earlier, with Fat Thursday serving as an introduction to the festivities. In regions like Lyon, people enjoy bugnes, a type of light and crispy doughnut. These sweet treats are often accompanied by a strong coffee or a dessert wine. Meanwhile, in cities like Nice, the streets are filled with extravagant parades and masquerade balls, creating an atmosphere of joy and indulgence.

### **United Kingdom – Pancake Day Comes Later**

The UK does not celebrate Fat Thursday, but it has its own tradition of pre-Lenten indulgence—Shrove Tuesday, commonly known as Pancake Day. On this day, people prepare thin, crêpe-like pancakes, usually topped with lemon juice and sugar. The day is also known for its quirky pancake races, where participants run while flipping pancakes in a frying pan, making for a fun and entertaining tradition.

### **Sweden – The Semla Craze**

In Sweden, Fettisdagen (Fat Tuesday) is celebrated with the beloved semla, a soft, cardamom-flavored bun filled with almond paste and topped with whipped cream. Originally, semlor were only eaten on the last day before Lent, but they have become so popular that they are now available weeks in advance. Some bakeries even experiment with different flavors, offering variations such as chocolate or pistachio-filled semlor.

### **The Universal Love for Sweet Treats**

No matter where you are, the days before Lent are a time of joy and indulgence. Whether it's Poland's pączki, Germany's Berliner, or Sweden's semla, cultures around the world take this opportunity to enjoy delicious treats before the fasting season begins. Perhaps next time you celebrate, you might try a new tradition from another country. After all, when it comes to sweets, there's always room for something new!





### True or False? Test Your Knowledge!

Decide whether the following statements are true or false based on the text



1. Fat Thursday is commonly seen as the first day of Lent and a time for fasting.
2. Polish bakeries struggle to sell doughnuts on Fat Thursday due to low demand.
3. The highlight of Germany's Weiberfastnacht celebrations is an annual parade through Berlin.
4. Chiacchiere and castagnole are both traditional savory dishes in Italy.
5. People in France tend to pair bugnes with either a hot or alcoholic beverage.
6. The UK's Pancake Day traditions involve running while performing a specific cooking action.
7. Semlor in Sweden were initially a year-round delicacy but later became exclusive to pre-Lenten celebrations.
8. Countries that observe Fat Thursday typically view it as an opportunity for feasting before a period of restraint.





**Choose the correct answer.**



**1. What is the primary purpose of Fat Thursday in many Christian traditions?**

- a) To start a week of strict fasting
- b) To mark the beginning of the final week before Lent
- c) To celebrate with elaborate costumes
- d) To prepare for Easter celebrations

**2. How do Poles traditionally view skipping doughnuts on Fat Thursday?**

- a) It's considered a healthy choice
- b) It's seen as a cultural tradition
- c) It's believed to bring bad luck
- d) It's considered disrespectful to bakers

**3. What characteristic makes the Fat Thursday celebrations across different countries similar?**

- a) The use of identical pastry recipes
- b) The focus on sweet treats before a fasting period
- c) Identical carnival parade styles
- d) The exact date of celebration

**4. Which country combines Fat Thursday celebrations with a women-focused carnival?**

- a) Poland
- b) Italy
- c) France
- d) Germany

**5. What inference can be made about Fat Thursday traditions from the text?**

- a) They are strictly religious observances
- b) Each country has unique culinary interpretations
- c) Pastries are universally identical
- d) Celebrations are limited to Christian countries



**Choose the correct answer.**



**6. How have Swedish semla traditions changed over time?**

- a) They are now only eaten during Lent
- b) They are now available weeks before Lent
- c) They have become less popular
- d) They are no longer made with traditional ingredients

**7. What is the overall tone of the text towards Fat Thursday celebrations?**

- a) Critical and analytical
- b) Serious and religious
- c) Celebratory and appreciative
- d) Neutral and informative



**SPEAKING TIME!**



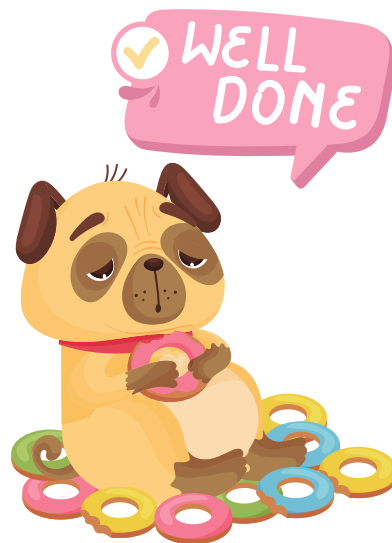
1. How do you usually celebrate special occasions in your culture?
2. What is your favorite sweet treat to enjoy during festive times?
3. Have you ever tried traditional foods from other countries? Which ones did you like?
4. In your opinion, why are food traditions important during celebrations?
5. How do you think different cultures express their joy through food?



## SPEAKING TIME!



6. Do you believe that sharing food can bring people together? Why or why not?
7. What unique customs does your country have for celebrating holidays?
8. How do you feel about trying new foods when traveling or experiencing different cultures?
9. Can you share a memorable experience related to food and celebration?
10. How do you think the way we celebrate changes over time?





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## KEY



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