

La Chandeleur

Candlemas

Background information

In France, the Catholic holiday of Candlemas is on the 2nd February and it is called *La Chandeleur*. Lots of *crêpes* are eaten on this day, but it is also tradition to foretell the future. Hold a coin in one hand and the frying pan in the other, flip the *crêpe* and if you manage to catch it in the pan, your family will be prosperous for the rest of the year.

This holiday is known as *La Chandeleur* – the Feast of Candles. In the past people used to light candles to celebrate. Even today, people light candles in rooms around their homes to spread good luck.



But today people eat pancakes as well!

Teaching activities

- ◆ Buy ready made *crêpes* from the supermarket, heat and top with different fillings for the children to sample.

Popular toppings in France

Crêpe au jambon	Pancake with ham
Crêpe au fromage	Pancake with cheese
Crêpe à la confiture	Pancake with jam
Crêpe à la pomme	Pancake with apple
Crêpe au sucre	Pancake with sugar

Vocabulaire

une crêpe	a pancake
un oeuf	an egg
le lait	milk
la farine	flour
le beurre	butter
le sucre	sugar
un saladier	a bowl

- ◆ Children could draw pictures of these pancakes and label them in French.
- ◆ Children could mime making a pancake as you describe the actions in French (see recipe on page 13).
- ◆ Make *crêpes* using the recipe (see page 13). Have a pancake ‘flipping’ competition to see who will be lucky for the rest of the year.
- ◆ Design and make a recipe card for the *crêpe* recipe.
- ◆ Find out some facts about *La Chandeleur* (or ‘Candlemas’), using the Internet for help and ideas. Tell the class about what you have found out.
- ◆ Children could use the guided sheet on page 14 to record their knowledge of *La Chandeleur* and *crêpes*.

Crêpes



Ingredients

190 g flour
375 g whole milk
2 large eggs
45 g sugar
a little salt
75 ml unsalted butter, melted

Instructions

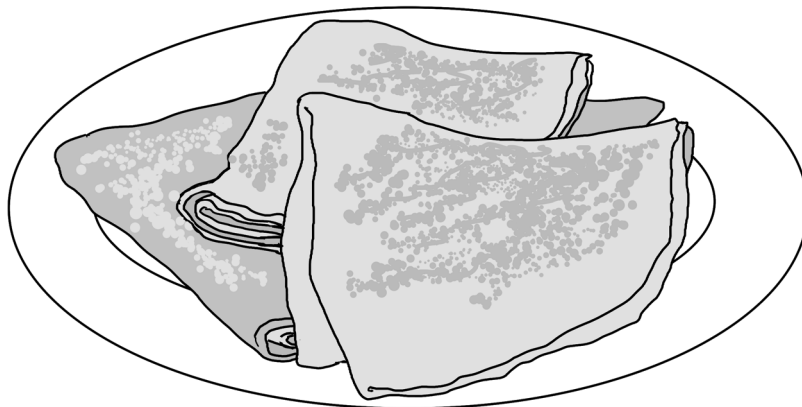
- ◆ Put the sieve on top of the bowl.
- ◆ Put the flour in the sieve and into the bowl.
- ◆ Add a little salt.
- ◆ Put two eggs in another bowl. Mix.
- ◆ Put the milk in the bowl with the eggs.
- ◆ Put the eggs and the milk in the bowl with the flour. Add the sugar.
- ◆ Mix.
- ◆ Add the melted butter.
- ◆ Mix again and start cooking!
- ◆ Bon appetit!

Ingrédients

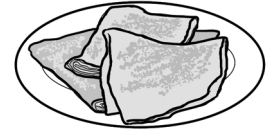
190 g de farine
375 g de lait entier
2 gros œufs
45 g de sucre
une pincée de sel
75 g de beurre doux (fondu)

Instructions

- ◆ Mettez le tamis au-dessus du saladier.
- ◆ Mettez la farine dans le tamis et dans le saladier.
- ◆ Ajoutez une pincée de sel.
- ◆ Mettez deux œufs dans un autre saladier. Mélangez.
- ◆ Mettez le lait dans le saladier avec les œufs.
- ◆ Mettez les œufs et le lait dans le saladier avec la farine. Ajoutez le sucre.
- ◆ Mélangez.
- ◆ Ajoutez le beurre (fondu).
- ◆ Mélangez encore et commencez à cuire les crêpes.
- ◆ Bon appétit!



La Chandeleur



Nom:

Date:

I learned about the tradition of *La Chandeleur* and how it is celebrated in France.

Draw and label some of the ingredients in a *crêpe*. Use French, if possible.

Describe what a *crêpe* tastes like.

Draw and label the pancake topping that you would choose in a French café.

Extension activities

- ◆ Can you compare and contrast how you celebrate Pancake Day?
- ◆ Write a letter to a real or imaginary French person to tell them how you celebrate.