



Make & Bake

AN EASTER EXPERIENCE



The Uniting Church in Australia
QUEENSLAND SYNOD



Make & Bake

AN EASTER EXPERIENCE

Have you ever wondered why some people eat pancakes 47 days before Easter?

Have you ever wondered why Hot Cross Buns appear in the shops between Christmas and Easter?

Have you ever wondered why some people eat fish on Good Friday?

Have you ever wondered why we eat chocolate eggs on Easter Sunday?

This resource explores these questions, and many more, with recipes, fast facts, videos, songs and mindfulness activities. Enjoy Making and Baking (and eating) as you experience Easter in a new way.

MAKE & BAKE EASTER DATES:

4
MAR

Shrove Tuesday

5 - 17
MAR APR

Lent

13
APR

Palm Sunday

18
APR

Good Friday

20
APR

Easter Sunday



Shrove Tuesday

Tuesday 4th March

WHAT IS SHROVE TUESDAY?

Shrove Tuesday, also known as Pancake Day, is a day that is observed by many Christians around the World. It is held on the Tuesday before the beginning of Lent (see below). The name Shrove comes from an English word 'Shriven' meaning to go to confession to say sorry for the wrong things you've done. Traditionally, during Lent, Christians would give up rich foods, like egg, flour, and butter, so Pancake Day, was the last day to use up, and eat, those foods.

You might like to watch this short video all about Pancake Day:

[Pancake Day: What is Shrove Tuesday?: BBC Newsround](#) ¹

FAST FACTS:

[From National Geographic Kids](#) ²

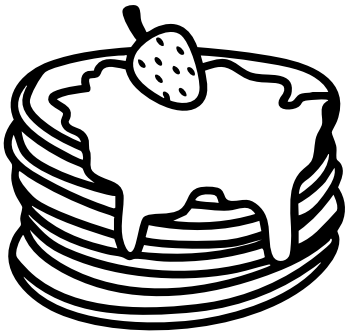
- The date of Shrove Tuesday changes every year but it's always 47 days before Easter.
- 52 million eggs are used in the UK for pancake day.
- In Iceland, Pancake Day is called 'Sprengidagur' which means bursting day.

MINDFULNESS AND REFLECTION

Shrove Tuesday is a time to say sorry for the wrong things you've done. Is there anyone that you would like to say sorry to? Maybe you could write them a note, give them a call, or invite them over for pancakes.

You might like to sing along with this song about forgiveness:

[I'm Sorry: Jeremy and Jazzy](#) ³



PANCAKES

Try making this pancake recipe or buy some pre-made pancakes from the shop.

METHOD

1. In a large bowl, combine flour and sugar. Make a well in the centre of the dry ingredients and whisk in egg, butter and vanilla.
2. Gradually whisk milk into mixture, until a pouring consistency is achieved.
3. Heat a non-stick frying pan on medium. Brush pan with a little extra butter. Pour 1/4 cup of batter into pan, to make a circle. Cook for 2-3 minutes, or until bubbles start to appear on the surface. Turn and cook a further 1 minute until golden. Cover to keep warm. Repeat with remaining batter.
4. Serve with ice-cream and maple syrup.

This recipe comes from Women's Weekly Food:

<https://www.womensweeklyfood.com.au/recipe/quick-and-easy/easy-pancakes-recipe-19934/> ⁴

INGREDIENTS

- 2 cups SR flour, sifted
- 1/3 cup caster sugar
- 1 egg
- 2 tbs melted butter, plus extra for brushing
- 1 tsp vanilla extra
- 1 1/2 cups milk
- Toppings, to serve

As you eat your pancakes, think of all the good things in your life. You might like to:

Chat about this with your family

Draw a picture

Sing along with this [Thankful song: The Juicebox Jukebox](#) ⁵

RHYME

Mix a Pancake: *Try with some actions or do it on the palm of your child's hand*

Mix a pancake (*stirring action on palm*)

Stir a pancake (*stirring action on palm*)

Pop it in the pan (*tap palm*)

Fry a pancake (*rub palm*)

Toss a pancake (*tossing action*)

Catch it if you can (*catch/cuddle child or hand*)



Lent

Wednesday, 5th March - Thursday, 17th April

WHAT IS LENT?

Lent is the period of forty days, in the lead-up to Easter, when many Christians from around the world spend time reflecting and preparing their hearts and minds for Easter. During Lent, many people give up something they enjoy like chocolate, fast food, fizzy drinks, or social media. It's also a time when Christians support people who are in need, and commit to praying.

You might like to watch this short video all about Lent:

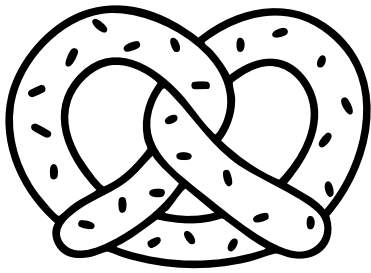
[What is Lent?: Twinkl Education Publishing](#) ⁶

FAST FACTS:

- Sundays aren't included in Lent so technically Lent goes for 46 days.
- The tradition of fasting (giving things up) throughout Lent is thought to have begun 2,000 years ago.
- Chocolate is one of the most common things people give up at Lent.
- Lent goes for forty days as it represents the length of time Jesus spent in the wilderness, enduring temptation, before he began his public ministry. You might like to watch this short video about [The Temptation of Jesus: Saddleback Kids](#) ⁷.

MINDFULNESS AND REFLECTION

Lent is a time when some people 'give up' things that they enjoy. Is there anything you want to give up this Lent – it could be biscuits, chips, ice-cream, screen time, or your favourite TV show. Talk about the things that would be easy to give up and the things that would be difficult to give up.



INGREDIENTS

- 1 ½ cups hot water
- 1 tablespoon sugar
- 1 tablespoon salt
- 1 package active dry yeast
- 4 tablespoons unsalted butter, melted
- 4 ½ cups plain flour
- 10 cups water
- ⅔ cup baking soda
- 1 egg, beaten and mixed with 1 tablespoon of water

PRETZELS

Pretzels are historically associated with Lent, as their shape looks like arms folded in prayers.

Try making this pretzel recipe or buy some pretzels from the shop.

METHOD

1. Mix the water, sugar, salt, and yeast together in a large bowl. Let the mixture sit for five minutes, until the yeast starts to bloom (it should look like a layer of foam on the surface of the water).
2. Add in the butter and flour and mix until the dough is smooth like satin.
3. Cover the bowl and let it sit until the dough is doubled in size, about 1 hour.
4. Preheat your oven to 220 degrees and spray baking sheets with oil.
5. Boil water with baking soda in a large saucepan.
6. Divide the dough into eight pieces. Shape each piece of dough into a 24-inch rope and then twist it into pretzel shape.
7. Dip each pretzel in the boiling water for 30 seconds on each side before placing it on the sheet pan.
8. Brush the pretzels with egg wash and sprinkle them with salt.
9. Bake for 12-14 minutes.

This recipe comes from Faithforward:

<https://www.faithward.org/lent-pretzels-recipe-and-pretzel-prayer/>⁸



SONG

Have some fun dancing along with this Pretzel song:

[Do the Pretzel](#): The Wiggles¹⁰

As you eat your pretzels you might like to:

Think and/or pray about people who might need love and support at this time

Brainstorm about how you could help people during Lent

Watch this lovely video about a dog and a stork helping each other: [\(Piper\) A Joy Story: Explainer Animated Videos](#)⁹



Palm Sunday

Sunday, 13th April

WHAT IS PALM SUNDAY?

Palm Sunday is held on the Sunday before Easter Sunday, and it marks the traditional start to Holy Week and the Easter story. It's a day of rejoicing, when Christians remember and celebrate Jesus' triumphal entry into Jerusalem. It often involves people reenacting Jesus' entry with people waving palm branches and singing Hosanna.

You might like to watch this short video all about Palm Sunday:

[Jesus and Palm Sunday: Crossroads Kids' Club](#)¹¹

FAST FACTS:

- Waving palm branches was a sign of respect shown to kings and royalty.
- Kings often rode donkeys – donkeys were a symbol of peace and prosperity.
- The first Palm Sunday festival, remembering Jesus' triumphal entry, was held in the 4th Century, in Jerusalem.
- Today, in Bulgaria, Palm Sunday is known as Flower's Day. People with flower-related names (e.g., Lilia, Rosa, Violeta etc) celebrate this day as their name day.

MINDFULNESS AND REFLECTION

On Palm Sunday, people celebrated Jesus as he rode into Jerusalem. They waved palm branches, laid down their cloaks and shouted Hosanna.

What are you celebrating this Easter?

How does your family celebrate special things?

Do you know anyone who is celebrating at the moment – they may have done well on an exam, passed their driver's test, given up a habit, started a new job, or had a baby. How can you celebrate with them?



PALM 'SUNDAE' DESSERT

In Australia, there isn't a traditional Palm Sunday food. Don't worry, we've found a 'new' recipe that we're sure everyone will enjoy, and it's all about Palm Sunday. And the good news – if you've given up ice cream, chocolate or lollies for Lent, you can still enjoy this recipe, because Sundays aren't included in Lent.

INGREDIENTS AND METHOD

Place the ingredients in a 'sundae' cup or bowl. The suggested order is:

1. **Ice Cream (any flavour):** You can't have a sundae without it!
2. **Crushed Cookies:** The crushed cookies symbolize the rough and rocky road that Jesus travelled on to Jerusalem.
3. **Spearmint Leaves or green lolly substitute (jelly beans):** The spearmint leaves symbolise the palm branches that were waved and spread across the road during Jesus' arrival.
4. **Whipped Cream:** This is solely just for aesthetics. You can't have ice cream without a little extra cream! Plus, it makes it so much easier to place Jesus, the donkey, and the sprinkles.
5. **Miniature Kit Kat:** This represents the donkey that Jesus rode on.
6. **Sour Patch Kid or Jelly Baby:** This represents Jesus. You can use whatever candy you want for this, but this could be perfect since it's sort-of-human shaped. Gummy bears might also work.
7. **Sprinkles:** This represents the joy and celebration of the crowd as the Messiah entered into Jerusalem.

This recipe comes from: <https://www.southernmadesimple.com/palm-sundae-dessert/> ¹²

As you eat your sundae you might like to:

Listen to a Palm Sunday song - [Hosanna Rock: Yancy and Little Praise Party](#) ¹³

Talk about the Palm Sunday story

ICE CREAM RHYME

Try doing some actions.

Ice cream, Ice cream in a bowl (make circle with hands)

Ice cream, Ice cream, nice and cold (shivering motion)

Ice cream, Ice cream, what a treat (clap three times)

Ice cream, ice cream, good to eat (rub tummy)



Good Friday

Friday, 18th April

WHAT IS GOOD FRIDAY?

Good Friday is held on the Friday before Easter Sunday. It's a day when Christians remember Jesus' death on the cross and reflect on what this means for their faith. It's a sad day but for Christians there is also hope because of what happens three days later (see Easter Sunday below).

You might like to watch this short video all about Good Friday

[Good Friday for Kids: Twinkl Teaching Resources](#)¹⁴

FAST FACTS:

- Good Friday doesn't have a set date. Rather, it falls on the Friday following the first full moon after the Spring equinox.
- Many people eat Hot Cross Buns on Good Friday to remember Jesus' death on the cross.
- In Australia, hundreds of millions of Hot Cross Buns are sold each year.
- It is thought that the Greeks first marked cakes with a cross in the 6th Century.
- Many people don't eat red meat on Good Friday to remember Jesus' sacrifice.

MINDFULNESS AND REFLECTION

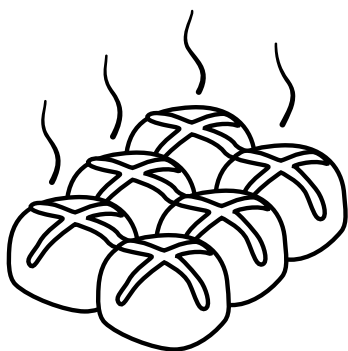
Many people would have felt sad, scared, or alone when Jesus died.

Spend some time chatting about:

When have you felt sad, scared, or alone?

Who or what helped you at that time?

How can you help others who are feeling sad or scared or alone?



HOT CROSS BUNS RECIPE

Try making this Hot Cross Bun recipe or buy some from the shops.

METHOD

1. Combine flour, yeast, sugar, mixed spice, salt and currants in a large bowl. Melt butter in a small saucepan over medium heat. Add milk. Heat for 1 minute, or until lukewarm. Add warm milk mixture and eggs to currant mixture. Use a flat-bladed knife to mix until dough almost comes together. Use clean hands to finish mixing to form a soft dough.
2. Turn dough out onto a floured surface. Knead for 10 minutes, or until dough is smooth. Place into a lightly oiled bowl. Cover with plastic wrap. Set aside in a warm, draught-free place for 1 to 1 1/2 hours, or until dough doubles in size.
3. Line a large baking tray with non-stick baking paper. Punch dough down to its original size. Knead for 30 seconds on a lightly floured surface until smooth. Divide into 12 even portions. Shape each portion into a ball. Place balls onto lined tray, about 1cm apart. Cover with plastic wrap. Set aside in a warm, draught-free place for 30 minutes, or until buns double in size. Preheat oven to 190°C or 170°C fan-force.
4. Make flour paste: Mix flour and water together in a small bowl until smooth, adding a little more water if paste is too thick. Spoon into a small snap-lock bag. Snip off 1 corner of bag. Pipe flour paste over tops of buns to form crosses. Bake for 20 to 25 minutes, or until buns are cooked through.
5. Make glaze: Place water and sugar into a small saucepan over low heat. Stir until sugar dissolves. Bring to the boil. Boil for 3-4 minutes. Brush warm glaze over warm hot cross buns. Serve warm or at room temperature with a butter as desired.

INGREDIENTS

- 4 cups plain flour
- 2 x 7g sachets dried yeast
- 1/4 cup caster sugar
- 1 1/2 tsp mixed spice
- pinch of salt
- 1 1/2 cups currants
- 40g butter
- 300ml milk
- 2 eggs, lightly beaten

Flour paste

- 1/2 cup plain flour
- 4 to 5 tbsp water

Glaze

- 1/3 cup water
- 2 tbsp caster sugar
- Butter, to serve

This recipe has been adapted from:

<https://www.taste.com.au/recipes/hot-cross-buns-3/7589988d-d90e-47bc-ac30-4aa3a2bc492b> ¹⁵

As you eat your hot cross buns you might like to watch:

[An Easter Hallelujah Song: Cassandra and Callahan](#) ¹⁶

CROSS CUPCAKES

Want another Good Friday food idea?
Try making some [Cross Cupcakes](#) ¹⁷



SONG

Sing along with this traditional song:
[Hot Cross Buns: Super Simple Songs](#) ¹⁸



Easter Sunday

Sunday, 20th April

WHAT IS EASTER SUNDAY?

Easter Sunday is a yearly Christian celebration when Christians celebrate the miracle of Jesus' resurrection (rising) from the dead. After the deep sadness of Good Friday, Christians join together with joy and hope, on Easter Sunday, to remember and thank God for the sacrifice of Jesus, and God's great love for all people.

You might like to watch these videos about Easter Sunday:

[What is Easter? Easter Traditions: Twinkl Education Publishing](#)¹⁹

[The Easter Story: J. John](#)²⁰ (watch all of it OR from 7.07 for the Easter Sunday story)

FAST FACTS:

- The earliest recorded celebration of Easter, by Christians, was in the 2nd Century.
- Christians celebrate the new life that Jesus brings because of his resurrection. Rabbits and eggs are symbols of that new life.
- In Eastern European countries, hollow decorated eggs are given as presents, to symbolise the empty tomb from which Jesus arose.
- The first chocolate Easter egg was made in Bristol, UK in 1873 by Fry's chocolate company.
- Australians are the number one consumers of chocolate easter eggs in the world.

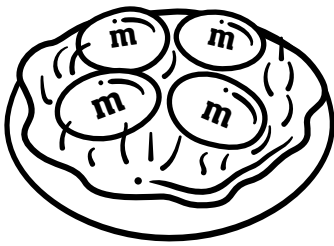
MINDFULNESS AND REFLECTION

Christians celebrate new life at Easter. Spend some time thinking and chatting about:

What new life you've seen recently?

What new things you'd like to start or try over the coming weeks and months?

What have you learnt about Easter this year?



INGREDIENTS

Sugar Cookies

- 2 ¾ cups plain flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 cup butter, softened
- 1 ½ cups white sugar
- 1 egg
- 1 teaspoon vanilla extract

Grass Icing

- 185g butter, softened
- 2 ¼ cups icing sugar mixture
- 2 tbsp milk
- Food colouring (optional)
- Decorations –
- small eggs or M&M's

NEW LIFE COOKIES

Make some New Life Cookies. The M&M's represent what's been rolled away/forgiven in our lives. The grass represents the new life that can happen when we've been forgiven.

METHOD

Sugar Cookies

1. Preheat oven to 190 degrees C.
2. Stir flour, baking soda and baking powder together in a small bowl
3. Beat sugar and butter together in a large bowl with electric mixer until smooth
4. Beat in egg and vanilla
5. Gradually blend in flour mixture
6. Roll dough into walnut-sized balls and place 2 inches apart onto ungreased baking sheets
7. Bake for 8-10 minutes until edges are golden. Cool on baking sheets before removing to a wire rack to cool completely

Icing

Using an electric mixer, beat butter in a bowl until pale. Gradually add icing sugar mixture and milk, beating constantly until combined. Beat in food colouring, if using, until combined.

Decorate

Pipe green 'grass' icing on to cooled biscuits. Decorate with little eggs. Enjoy eating!

This recipe has been adapted from:

<https://www.recipegirl.com/easter-grass-sugar-cookies/>²¹



SONGS

As you eat your New Life Cookies you might like to watch these song videos:

[He is Risen: Angie Killian Music](#)²²

[He's Alive, He's Alive: Yancy and Little Praise Party](#)²³

YUM YUM BALLS

Want another Easter Sunday food idea? Make some Yum Yum balls to represent the stone that was rolled away from the tomb.

[View the Recipe](#) ²⁴



SONG

There's new life all around (sung to the Farmer in the Dell)

There's new life all around

There's new life all around

Look around, what can you see?

There's new life all around.

There's little baby birds

There's little baby birds

Tweet, tweet, tweet, tweet, tweet, tweet, tweet.

There's little baby birds.

(There's little baby ducks, baby rabbits etc)

FIVE LITTLE EASTER EGGS

[Five Little Easter Eggs, The Kiboomers](#) ²⁵

Design and illustration by Tamar Petersen at Red Box Studios www.redboxstudios.com.au



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25. Five Little Easter Eggs: The Kiboomers : <https://www.youtube.com/watch?v=qedft8eXVn8>