

# Traditions



Royal Guard  
Buckingham Palace

## National Costume

Unlike many other countries, England does not have a national costume. The English 'gentleman' or 'business man' is often thought to wear a suit and bowler hat, but this is not very common these days.



Beefeaters  
Tower of London



Although we have no national costume, many of our customs, traditions, festivals and ceremonies have their own colourful costumes!



Morris Dancers

Traditional  
Music ~  
'Greensleeves'  
&  
'Jerusalem'



Pearly King & Queen

# Custums & Festivals

## Maypole Dancing

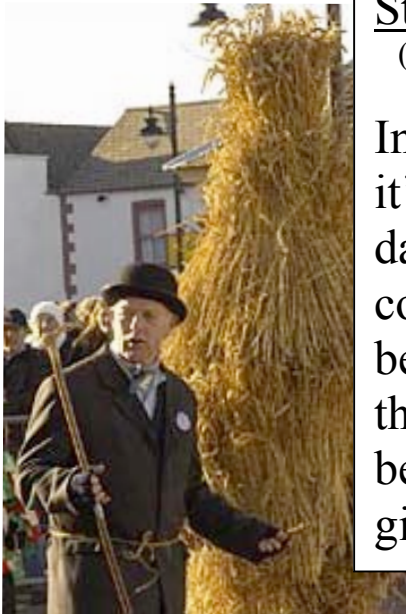


On 'May Day' teams of dancers circle the 'May Pole' in intricate patterns, weaving in and out as they dance. The ribbons on the pole interweave down the pole until the end of the dance, to make a beautiful pattern.



## Straw Bear Festival (Whittlesey, Peterborough)

In January, after twelfth night, Whittlesey holds it's annual 'Straw Bear Festival'. This custom dates back to the 19<sup>th</sup> century. The 'bear' is a man covered from head to foot in a straw costume. The bear is paraded around the town accompanied by the 'bear minder', dancers and musicians. The bear entertains the town's folk in exchange for gifts and food for the local ploughmen.

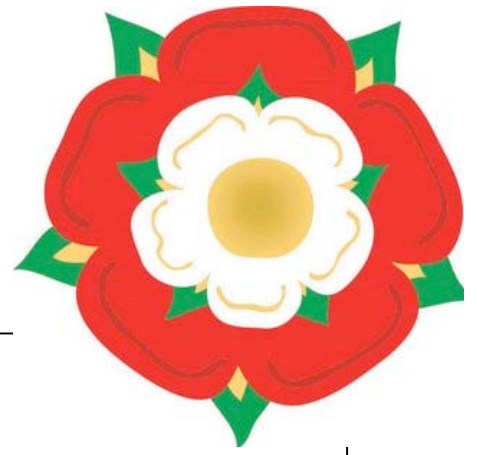


## Afternoon Tea

A small meal traditionally served at 4 o'clock consisting of tea served with sandwiches, pastries or scones. Afternoon tea served with scones, cream and jam is often called a 'Cream Tea'.



# Superstitions & Symbols



## National Flower

The national flower of England is the rose. It was adopted as England's emblem since the 'War of the Roses' in 1455-1485. This civil war was between the royal house of Lancaster (red rose emblem) and the royal house of York (white rose emblem). England rugby team use this symbol

## The Three Lions

As with many emblems, it is not really known where 'The Three Lions' came from but most people believe it was the royal coat of arms of king Richard I. Richard was known as 'The Lionheart' who fought many brave battles during the crusades. Today the emblem is used as a national symbol of the England football team. It even has it's own football song!



## Symbols of 'Good Luck'

- Black Cats – lucky to meet.
- Wood – lucky to touch.
- Four Leaf Clover – lucky to find!
- Horseshoe – hang over the door.
- "White Rabbits" – say on the first day of the month.
- Falling Leaves – catch in autumn.



# Holidays & Food



## St. George - Patron Saint of England

St. George is the patron saint of England and his emblem, a red cross on a white background, is the flag of England. The story is that St. George was a noble knight who fought and slew a dragon. Although St. George's Day is 'celebrated' on 23<sup>rd</sup> April, this is not a public holiday!

## Ingredients for the Pancake batter:

- 110g/4oz plain flour, sifted
- Pinch of salt
- 2 eggs
- 200ml/7floz of milk mixed with 75ml/3floz water
- 50g/2oz butter

Serve with: caster sugar and lemon wedges



## Method:

Sift flour and salt into a bowl, whisk in the eggs. Add milk and water mixture gradually and whisk together. Melt the butter in a pan and add 2 teaspoons to the batter. Cook in pan until golden brown, flip and cook the other side.

## Shrove Tuesday

Traditionally, pancakes are made and eaten on Shrove Tuesday. People would empty out their cupboards and use up the 'rich' ingredients like butter and eggs in preparation for the fast of Lent.



## Holiday Dates:

August 25<sup>th</sup> 2008 – Bank Holiday  
December 25<sup>th</sup> 2008 – Christmas Day  
December 26<sup>th</sup> 2008 – Boxing Day  
January 1<sup>st</sup> 2009 – New Year's Day  
April 10<sup>th</sup> 2009 – Good Friday  
April 13<sup>th</sup> 2009 – Easter Monday  
May 4<sup>th</sup> 2009 – May Day  
May 25<sup>th</sup> 2009 – Bank Holiday