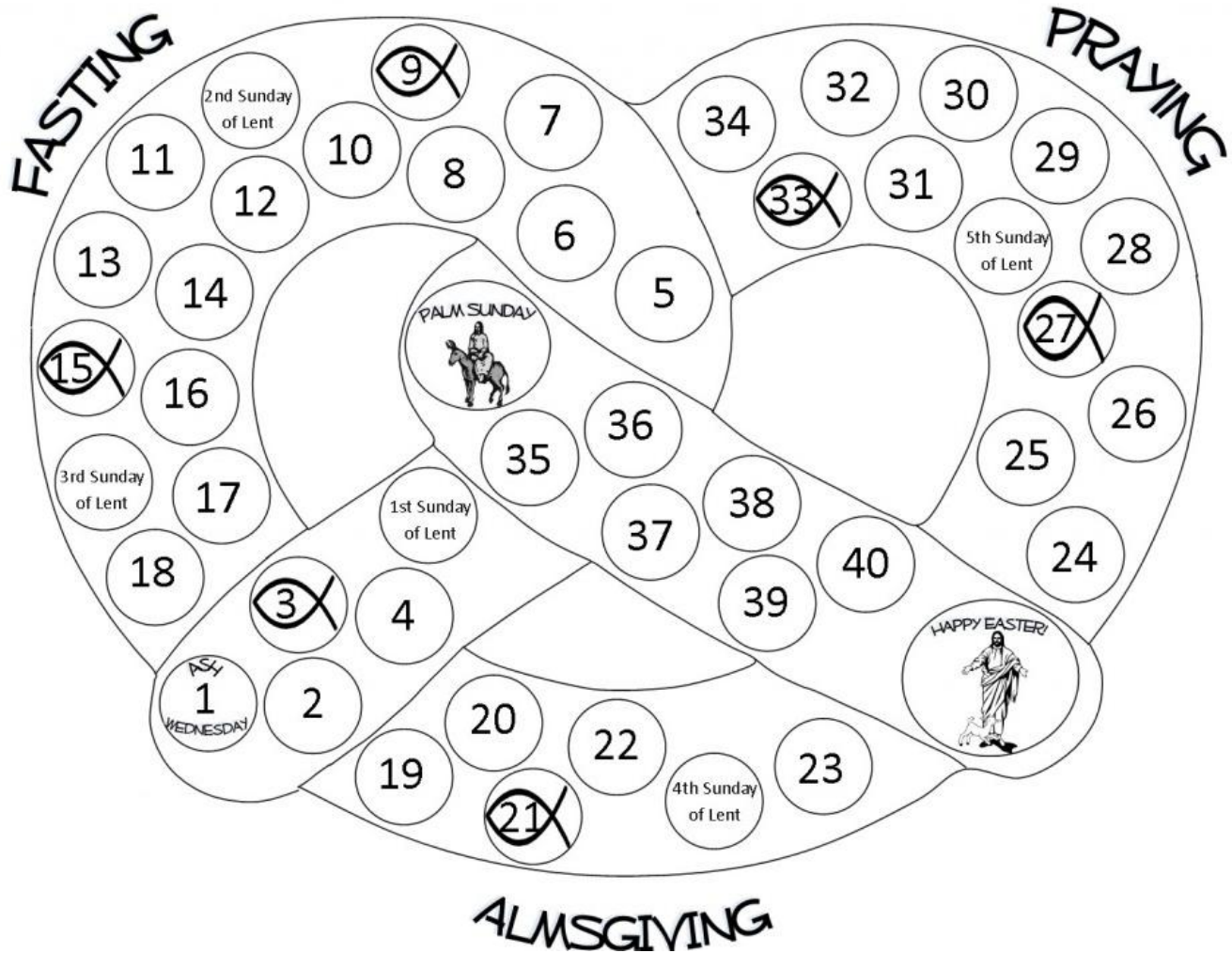


March Supplemental Learning

The Legend of the Lenten Pretzel



The pretzel has its origins as an official food of Lent, which began years ago at an Italian monastery. A monk was preparing unleavened bread for Lent. The monk lived in a time when you could not eat meat, milk or eggs during Lent! He had to figure out special bread that did not use eggs or milk, only water, flour and salt. The monk decided to twist the scraps of the dough to resemble arms in prayer, which gave it the shape of a pretzel (as we know it today). He named them Pretiola, a word meaning little reward. He gave this to children who recited their prayers.

During Lent, share this legend of the pretzel with family and friends and remind them to pray! To count down the days of Lent, color each of the circles on the pretzel, starting with Ash Wednesday. The fish symbols on Friday circles remind us to fast from meat on those days.