

PRETZEL PEOPLE FOR LENT

Pretzels, made from just flour, water and salt, were long a Lenten food, as milk, eggs and fat weren't allowed. Bakers twisted dough to represent arms crossed in prayer. The word "pretzel" comes from Latin meaning "little arms." Pretzel people remind us to pray during Lent.



MATERIALS

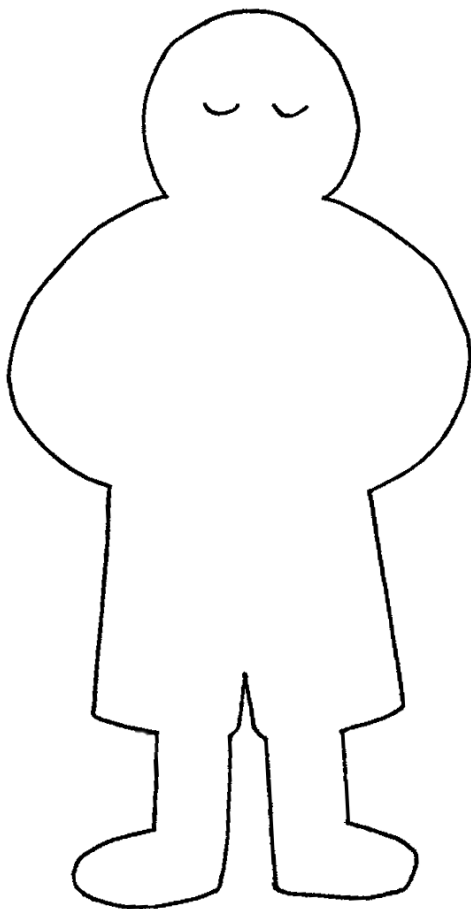
Stiff paper
Pretzels

EQUIPMENT

Crayons, colored pencils or markers
Scissors

DIRECTIONS

Print pattern on stiff stock (it may need adjusting to fit your pretzels).
Color, cut out, and glue pretzel on.



Pattern for small or larger pretzels

