

Name: _____



Celebrating St. Paddy's Day

St. Patrick—affectionately referred to as St. Paddy—is revered by the Irish as a national hero, and on March 17, people all over the world celebrate his life with traditional Irish music, dance, food, and fun. There's an old Irish saying that on St. Patrick's Day everyone is Irish. That means you too. So, join the celebration. Here's how:

Wear Something Green

It is customary for people to wear green on St. Patrick's Day. In Ireland, children who forget to wear green get pinched by their friends. Some people also wear green shamrocks (a type of clover) pinned to their clothes. The shamrock is Ireland's national flower and one of its national emblems (along with the harp). Shamrocks symbolize the rebirth of spring and are supposed to bring good luck.

Eat Traditional Irish Food

The favorite foods for St. Patrick's Day are corned (salted) beef and cabbage, parsley potatoes, and Irish soda bread. People also drink lots of Irish coffee, which is made with coffee, sugar, a drop of whiskey and topped off with whipped cream. 'Green' beer (beer with green food coloring in it) is another very popular drink. (Of course, the whiskey and beer are for adults only. Your Irish coffee will taste just fine without the whiskey, and you can have 'green' soda instead of beer.)

Go to a Parade, or Just Have Fun

Many cities hold St. Patrick's Day parades where you can hear traditional Irish music and watch folk dancers perform Irish jigs and reels. The first St. Patrick's Day parade anywhere was held in New York City in 1762, while New York was still a Dutch colony.

St. Patrick's Day is a crazy time. People paint their faces green, dye their hair green, or dress up as leprechauns and other characters from Irish folklore. In Chicago, the city even dyes Chicago River green for the day.

So, have fun! Enjoy yourself! And remember to wear something green!