

Arable kids

Recipes with Honey

Banana & Honey Smoothies

1 small pottle vanilla or berry yogurt
1 banana broken into pieces
½ cup milk
1 tablespoon liquid honey

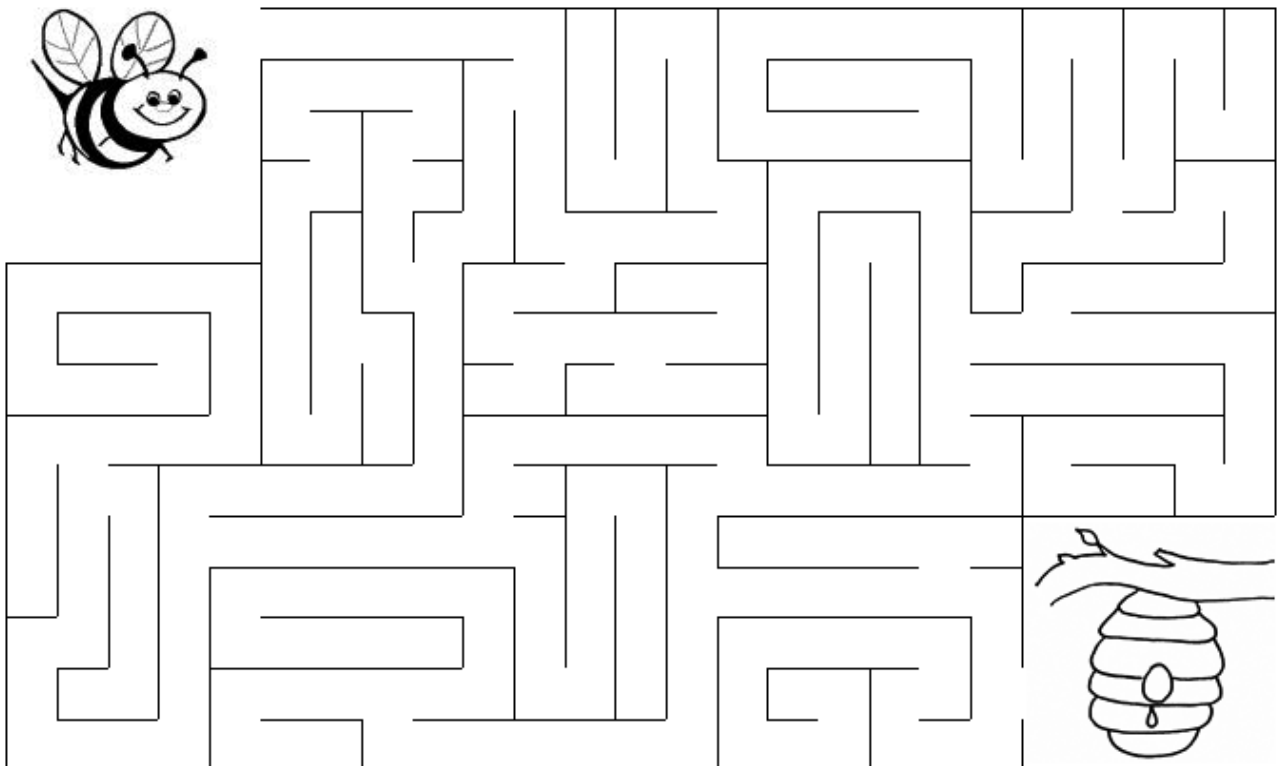
- Combine all ingredients in a blender; process for about 30 seconds or until smooth.

Honey Roasted Nuts

3 cups nuts
½ cup honey
2 tablespoons butter or margarine
½ teaspoon grated orange peel
½ teaspoon ground cinnamon

- Combine all ingredients; mix well.
- Microwave at HIGH (100%) in 600 to 700 watt microwave oven 4 to 7 minutes or until nuts are toasted, stirring halfway through cooking time.
- Spread nuts on foil to cool completely.

Can you help the bee find its way to the hive?

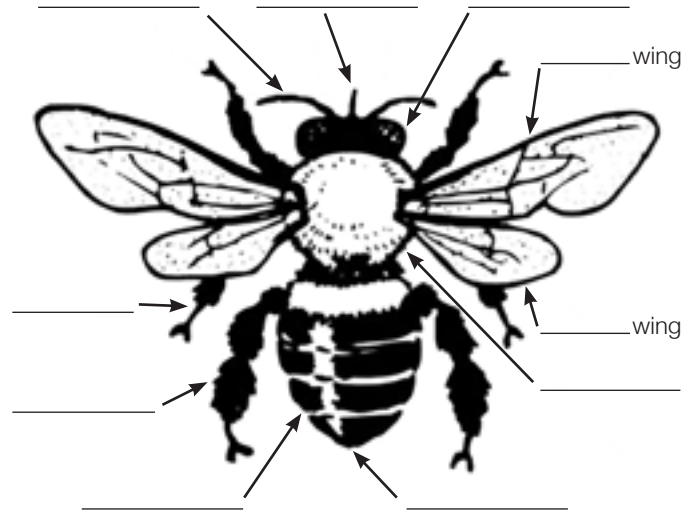


Activity one

Honey Bees are an important part of our environment. They play a vital role in pollinating plants.

The honey bees have specialized body parts that make them perfect for their job. Using the list below can you fill in the diagram naming each part of the honey bee?

1. **Abdomen** - contains the digestive system organs and the heart.
2. **Antennae** - "feelers" on the top of the honey bee head covered with sensor cells for smell and touch
3. **Compound Eye** - multifaceted eye that allows the honey bee to see in all directions at once
4. **Proboscis** - long tongue used to drink nectar from flowers
5. **Fore Wing** and **Hind Wing** - honey bees have two pairs of wings that hook together during flight to form a single surface, but separate when not in flight.
6. **Head** - contains the brain, compound and simple eyes, antennae and mouthparts
7. **Legs** - honey bees have 6 jointed legs that can both grab or stick to surfaces.
8. **Pollen Basket** - area on the rear legs of the honey bee where pollen is collected
9. **Stinger** - honey bees are usually not aggressive and only use the stinger for defense.
10. **Thorax** - legs and wings are connected here, mostly contains muscles used for flight



Activity two

Colour in the honey collector picture below and see how many bees you can find in the picture.

