Honey Treats

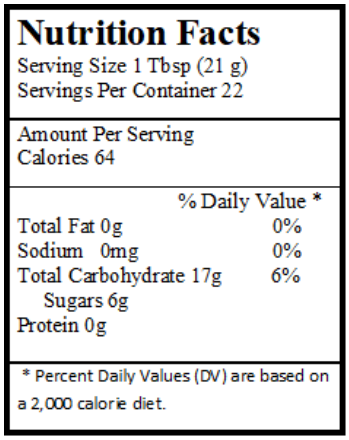
Brief Description:

Learn about the nutritional value of honey and its role in the sports industry while making an energy filled snack.

Objectives: The student will be able to discuss the nutritional content of honey.

Materials:

- Small (individual-size) containers
- Popsicle sticks
- Plate
- Peanut butter
- Honey
- Powdered milk
- Rice Krispies cereal
- Measuring spoons
- Food-service gloves (1 pair)



Nutrition Facts

Serving Size 1 Tbsp (21 g)
Servings Per Container 22

Amount Per Serving	
Calories 64	
	% Daily Value *
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Sugars 6g	
Protein 0g	

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Activity:

1. Each person should get 1 tablespoon of peanut butter, ½ teaspoon of honey, 1 ½ tablespoons of powdered milk.
2. These ingredients should be mixed in the individual-sized container using the popsicle stick to stir.
3. After this is done, the person with the gloves should remove the mixture from the container and roll it into a ball and then gently roll in cereal to coat.
4. The mixture should be placed back in the container and can be enjoyed by the person who mixed it together.

Evaluation:

1. Have the students write a letter to a friend about the key nutritional facts about honey.
2. Have the students draw the step by step instructions of making their treat, with a picture and text under it to represent each step.

Other lesson opportunities:

1. Compare and contrast the color, taste, texture, smell of different types of honey.
2. Analyze the environment of a honeybee and the different places in the world they live and thrive.
3. Discuss the needs of a honeybee to produce honey in the hive. Compare/Contrast with the needs of a human.
4. Discuss the pollination process and why plants need honeybees.
5. This activity can be used together with our Bee Bingo activity to learn more about honeybees.

Honey Treats

Educational Standards

Honey Treats Standards	
SC.K.N.1.1	Make observations of the natural world and know that they are descriptors collected using the five senses.
SC.K.N.1.5	Recognize that learning can come from careful observation.
SC.K.L.14.1	Recognize the five senses and related body parts.
LAFS.K.RL.4.10	Actively engage in group reading activities with purpose and understanding.
SC.1.L.14.1	Make observations of living things and their environment using the five senses.
SC.1.L.14.3	Differentiate between living and nonliving things.
SC.1.L.17.1	Through observation, recognize that all plants and animals, including humans, need necessities of air, water, food, and space.
LAFS.1.SL.1.1	Participate in collaborative conversations with diverse partners about grade level specific topics and texts with peers and adults in small groups and larger groups.
LAFS.1.SL.1.2	Ask and answer questions about key details in a text read aloud or information presented orally through other media.
SC.2.L.17.1	Compare and contrast the basic needs that all living things, including humans, have for survival.
SC.2.L.17.2	Recognize and explain that living things are found all over the Earth, but each is only able to live in habitats that meet its basic needs.
LAFS.2.RL.1.1	Ask and answer such questions as who, what, where, when, why, and how to demonstrate understanding of key details in a text.
LAFS.2.SL.1.1	Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups.
LAFS.2.SL.1.2	Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.
LAFS.2.SL.1.3	Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.

FLORIDA Agriculture IN THE CLASSROOM

Group Reading Activity:

Honey you are so sweet!

Background:

Bees are vital to Florida agriculture. Today in our state, domesticated honeybees pollinate an estimated three out of four agricultural crops. Included in those crops are, some of the state's most valuable commodities, strawberries, citrus, blueberries, squash, watermelons and avocados.

The Sunshine State ranks as the third-largest honey producer, following North Dakota and South Dakota. The state is a significant provider of "rental hives" used for contracted pollination services in other U.S. states, and an important overwintering destination for bee colonies owned by beekeepers in colder climates.

In 2017, the state produced 9.5 million pounds of honey and there are about 2,124 honeybee colonies throughout the state. Florida also has one of the highest productivity rates in pounds of honey per colony.

There are more than 4,000 registered beekeepers in the state of Florida.

FLORIDA Agriculture IN THE CLASSROOM

Fun Honey Facts

- The keeping of honeybees is known as apiculture. There are more than 100,000 people who keep bees in the US.
- Common honey varieties in the US include alfalfa, buckwheat, clover, orange blossom and sage.
- Honey is sweeter tasting than most other sweeteners. Thus, you may use less honey than other sweeteners called for in some recipes.
- Because of the multitude of floral sources from which honey originates, no two honeys are exactly alike in flavor, color and nutritional content.
- Honey is produced in every state. Leading honey-producing states are California, Florida, Minnesota, North and South Dakota.
- Honeybees must visit about 2 million flowers to make just one pound of honey.
- Honey is used as an ingredient in a wide range of manufactured products – from cereals to mustards to pretzels.
- Honey is derived from many different blossoms including some unusual sounding sources such as Brazilian pepper, gallberry and sourwood.
- The complex mix of sugars in honey provides an energy boost, but enters the bloodstream more slowly than processed sugars to provide a lasting source of energy.
- There are three types of bees in a hive:

  Worker — is a female, but is not capable of reproducing. They do all the work in the hive, and they control most of what goes on inside. Their jobs include housekeeping, feeding the queen, drones and larvae, collecting the pollen and nectar, and making the wax.

  Drone — is a male honey bee. Unlike the female worker bee, drones do not have stingers and gather neither nectar nor pollen. A drone's primary role is to mate with an unfertilized queen.

  a queen— is an adult, female that lives in a honey bee colony or hive; she is usually the mother of most, if not all, of the bees in the beehive.

- Honeybees are the only insects that make food for human consumption.
- A Honeybee flaps her wings more than 11,000 times per minute.
- In her lifetime, a worker honeybee will make just 1/12th of a teaspoon of honey.
- A spoonful of honey added to hot tea is a passed down home remedy to sooth a sore throat.
- Honey is a great pre-workout energy source, aiding in athlete's endurance and helping the athlete's muscles recuperate following a race of workout.
- The honey squeeze bear, created in 1957, remains a popular container for honey.
- Honey is a natural moisturizer. It is used in a variety of products including cleansers, creams, shampoos and conditioners.

Content courtesy of fischerhoney.com