

Classroom Food Adventures

April Harvest of the Month:

HONEY

Did You Know...

- Honey is the only food made by insects that can be eaten by both insects and humans.
- Honey has different flavors and colors depending on what flowers the bees gathered the nectar from.
- Bees must visit approximately 2 million flowers to make 1 lb. of honey.
- On average a worker bee will make 1.5 teaspoons of honey in its lifetime.
- Honey is used by bees for food all year round.

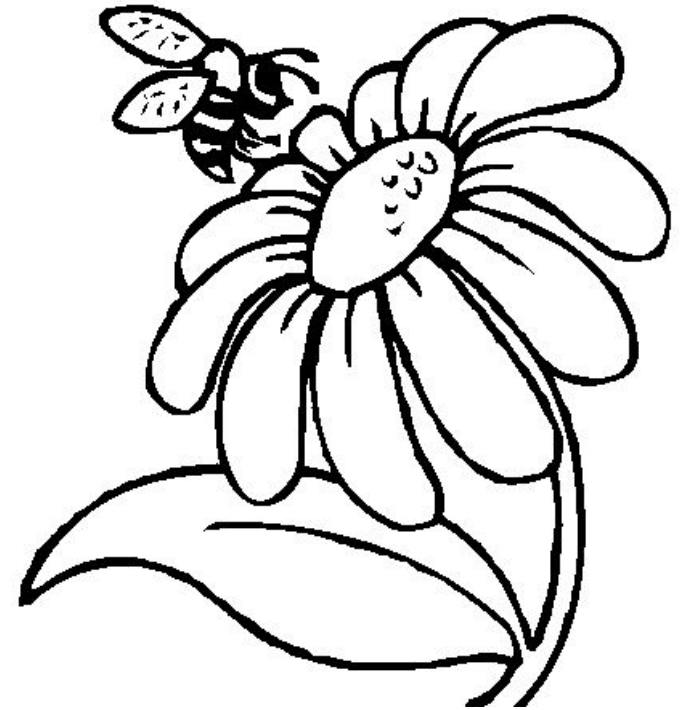
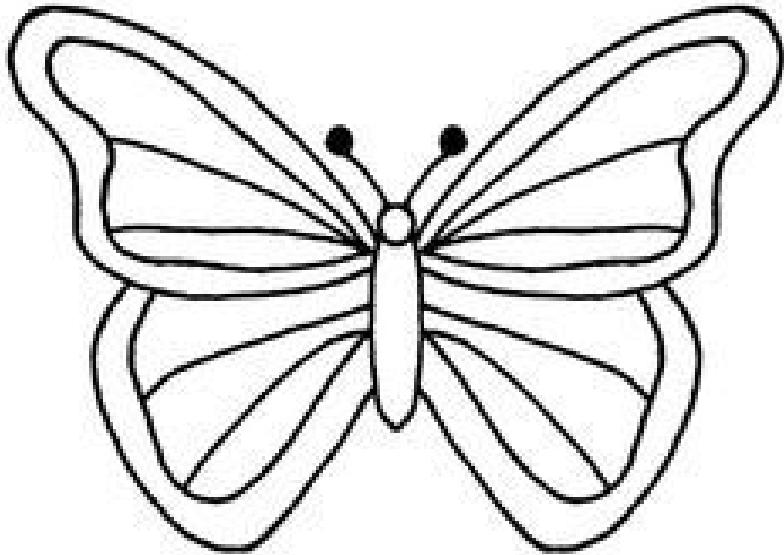
Dish Name: Honey Cinnamon Apples

Ingredients:

- 2 apples - Diced
- 1 TB honey
- 1 tsp cinnamon
- 1 TB lite oil or butter

Instructions:

1. In a skillet heat oil/butter on medium heat
2. Add apples to the pan
3. Add honey and cinnamon
4. Cook for 5-7 minutes, stirring frequently, or until apples reach desired consistency.



Wrap Up!

We want to see your creations! With a family member's permission, post a picture of what you made on Facebook or Instagram with tag @corvallisenvironmentalcenter

How else do you eat honey?

