

MOTHER NATURE'S  
perfect food

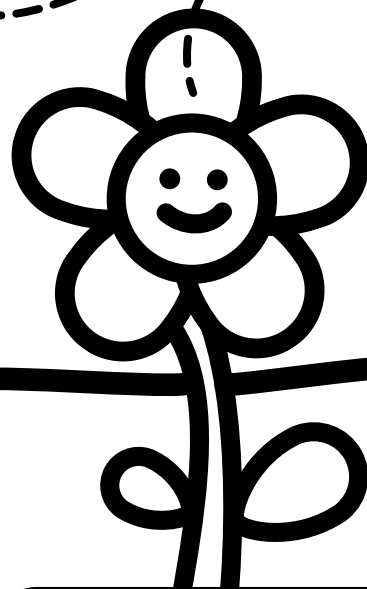
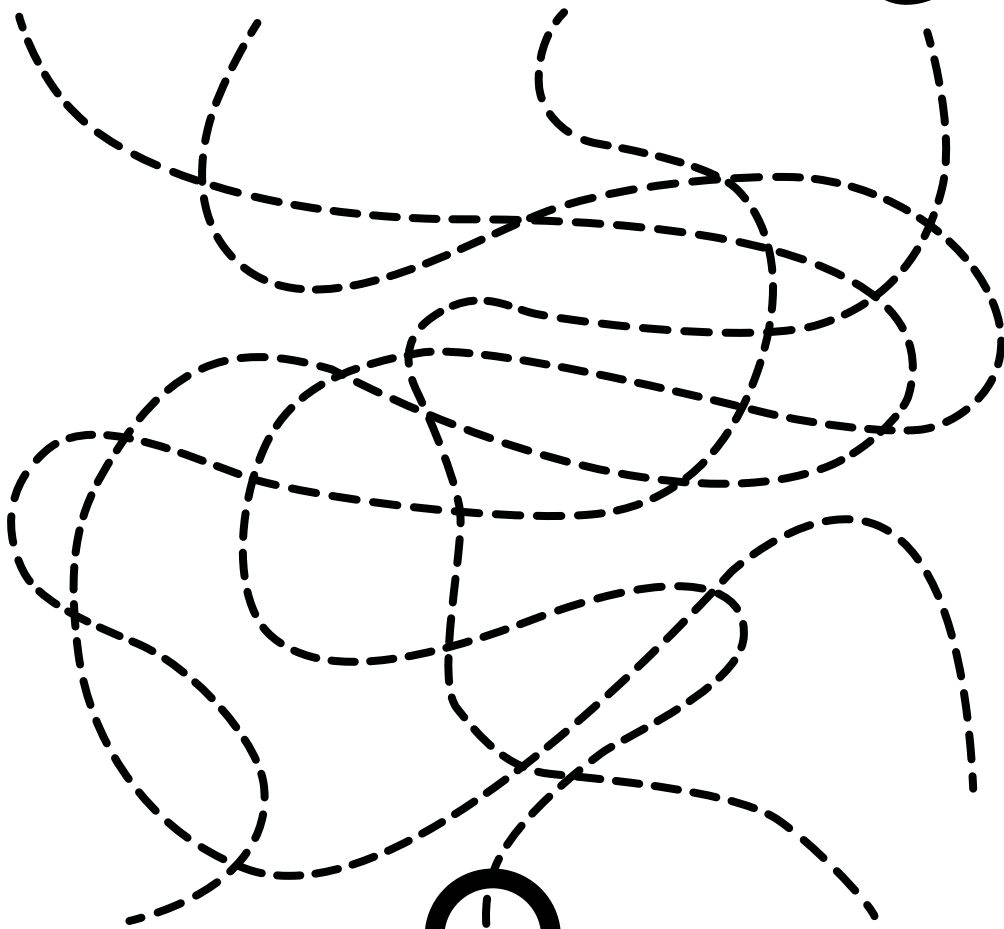
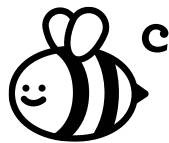
~ children's activity book ~

BeeMaid.com

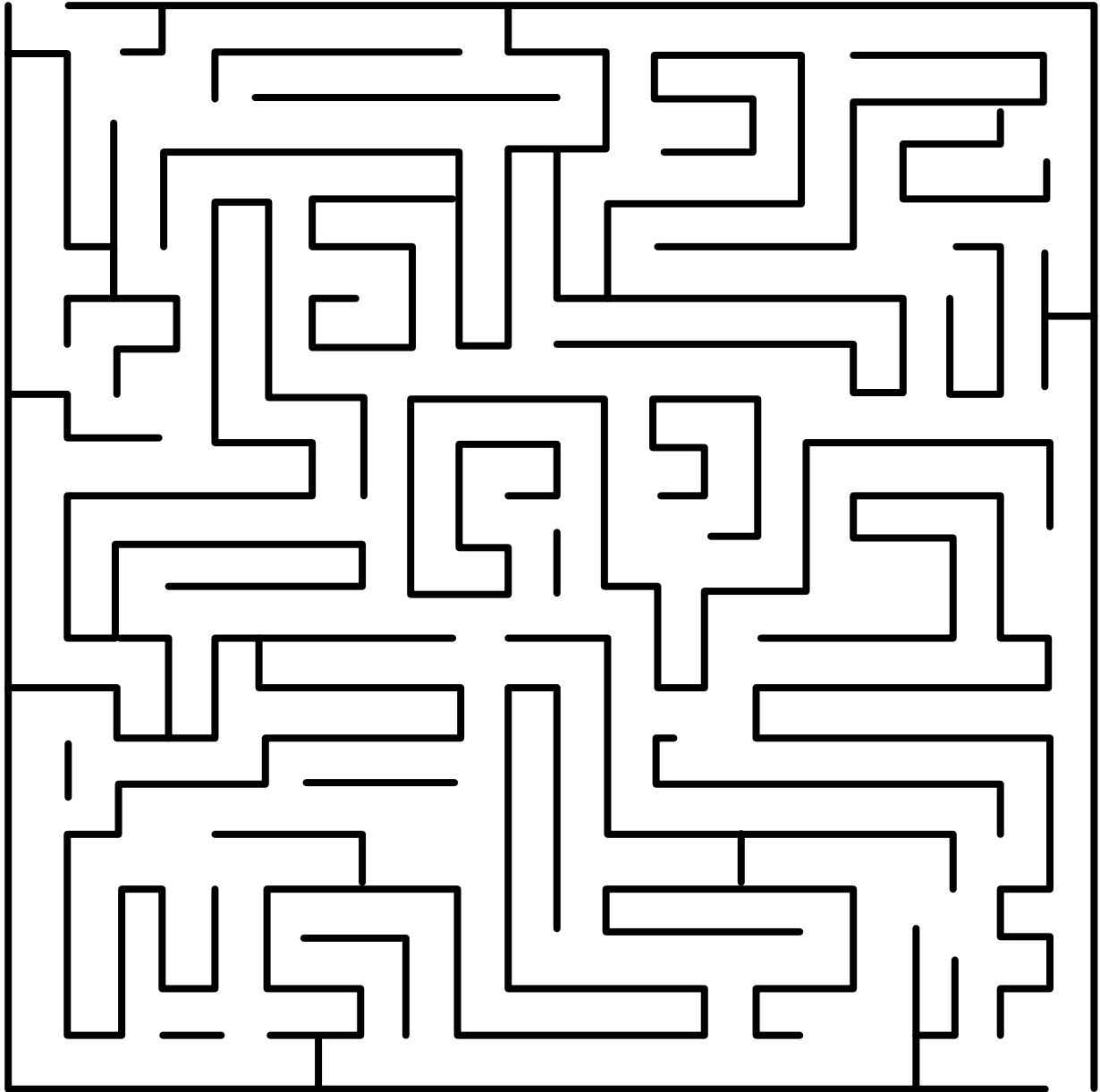
Facebook.com/BeeMaidHoney



Which bee will collect the pollen?



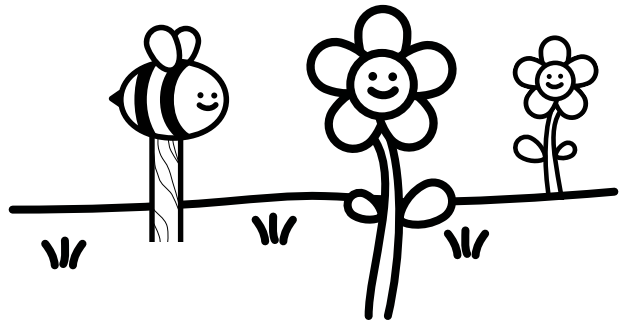
Help the honeybee get to the hive.



**BeeMaid**

# Bee crafty!

Create these honeybee decorations to keep your garden company.



For this craft you will need:



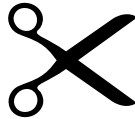
bee cutouts

+



crayons or pencils

+



scissors

+



popsicle sticks

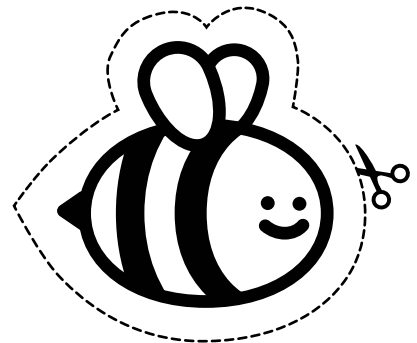
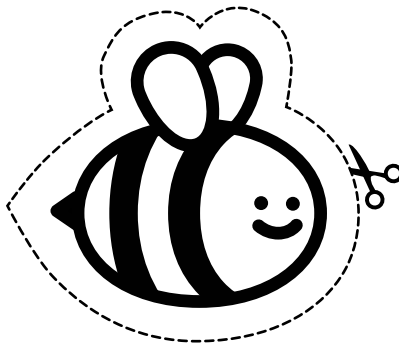
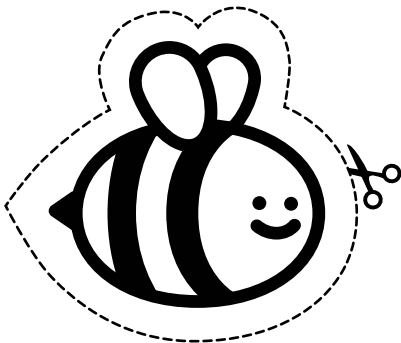
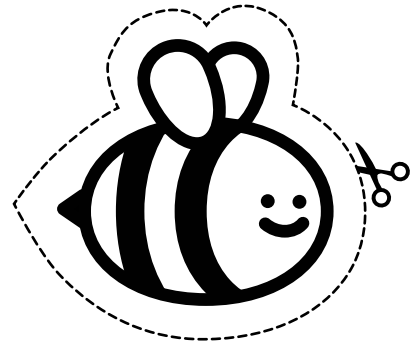
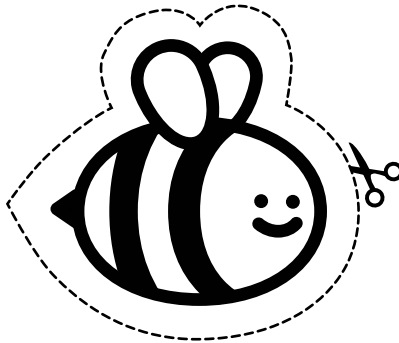
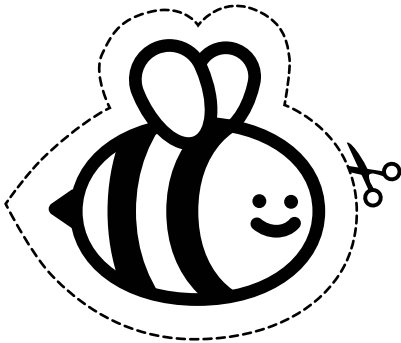
+



tape

## Directions:

Colour in the bees below. Carefully cut around the dashed line and secure the back of each bee to a popsicle stick using tape. Place the bees in your garden next to your favourite flowers.



# Did you know?

Interesting facts about honey bees.

- 1 Honey never goes bad! Honey will granulate, or crystallize. This is a completely natural process. Crystallized honey is just as safe to eat as non-granulated honey, just warm up the container with the granulated honey in hot water and watch the honey return to its liquid state!
- 2 Honeybees are insects that have 6 legs, 5 eyes, and 2 sets of wings. They can fly at about 20mph.
- 3 There are about 60,000 bees in a hive and they need to visit more than two million flowers to gather enough nectar to make just a pound of honey.
- 4 Most bees in a hive are workers, who live up to 6 weeks. Each colony has a queen, that lives for 2-3 years. The workers, as well as the queen are female, and the male bees, known as the drones, do not work at all.
- 5 Worker bees are those that will sting, but only if they feel threatened. Once they sting, they die. The queen has a stinger, but in order to defend it she does not leave the hive. Drones have no stinger.



**BeeMaid**

# Recipes

## Honey Sesame Chicken Nuggets

$\frac{1}{3}$ plus $\frac{1}{2}$ cups	BeeMaid Honey, divided	1 Tablespoon	Ginger, freshly grated
$\frac{1}{3}$ cup	Soy sauce	1 teaspoon	Onion powder
$\frac{3}{4}$ cup	Rice vinegar, divided	$\frac{3}{4}$ cup	Dried apricots, finely diced
1 $\frac{1}{2}$ lbs.	Boneless, skinless chicken breasts, cut into nuggets	-	Salt and pepper, to taste
$\frac{2}{3}$ cup	Sesame seeds		

### Directions

In a medium bowl, combine  $\frac{1}{3}$  cup BeeMaid honey, soy sauce,  $\frac{1}{4}$  cup rice vinegar, ginger and onion powder. Add chicken; cover and refrigerate to marinate 30 minutes. To make dipping sauce, in a small saucepan over medium-high heat, bring remaining  $\frac{1}{2}$  cup BeeMaid honey and  $\frac{1}{2}$  cup rice vinegar to a boil. Add apricots and return to a boil. Simmer 2 to 3 minutes. Remove from heat; cool slightly, then purée to desired consistency in a blender or food processor. Season with salt and pepper; set aside. Preheat oven to 375 °F. Line a baking sheet with parchment paper. Place sesame seeds in a shallow dish. Coat nuggets with sesame seeds and place on prepared baking sheet. Bake 15 to 20 minutes, or until fully cooked. Serve warm nuggets with Honey Apricot Dipping Sauce.

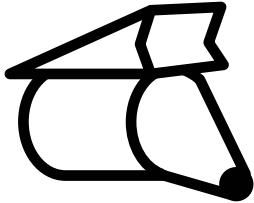
## Peanut Butter, Honey and Apple Sammie

8 oz.	Cream cheese, softened	1	Green apple, thinly sliced
$\frac{1}{3}$ cup	BeeMaid Honey	2 Tablespoons	Sunflower seeds, (or substitute your favorite nut)
1 teaspoon	Vanilla extract		Peanut butter
1 teaspoon	Cinnamon		
8 thick slices	Whole wheat bread	1 cup	

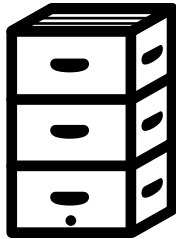
### Directions

In a medium bowl, beat cream cheese until fluffy. Add BeeMaid honey, vanilla extract and cinnamon; mix well. Spread 1 to 2 tablespoons of honey cream cheese mixture on 4 slices of bread. Top with apple slices, dividing evenly. Sprinkle with sunflower seeds. Spread 2 tablespoons peanut butter on each of the remaining 4 slices of bread, and place face down on top of cream cheese and apple covered slices. Cut sandwiches into halves or quarters and serve.

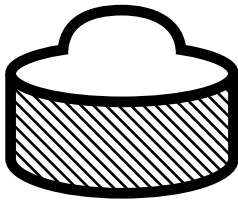
Match the word with the picture.



Hat and Veil



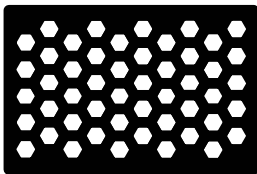
Super



Smoker



Frame



Barrel

Ask your parents what each of these items are used for.

**BeeMaid**

# Find the hidden words.

n e c t a r m n i l b n e e u q  
 b o d i z c i p e t a l w s h c  
 z e l s z c m n i l n e a f z c  
 b f o r a g e n i s b f g s g h  
 u l l b e e s e e p e l g z a p  
 b o h s z c m c i t b y l s r c  
 s w l t c e s n i e t e e j d n  
 b e l s z c m n i e b h i v e e  
 n r d r o n e n i w s e l s n l  
 e t l s h c o m b s b f l p z l  
 c e b e e s w a x l h e p s p o  
 t e l s x c m n i o b t l o z p  
 a o t h a c r d n n z e l s z c  
 t e l s g o m e b l b e b u z z  
 b c o l o n y n i k j q l s z c  
 g e l s n c m n d l w o r k e r

bees	hive
beeswax	honey
buzz	insect
colony	nectar
comb	petal
drone	pollen
flower	queen
fly	sweet
forage	worker
garden	waggle
hexagon	

# Un-jumble the words.

ihev    \_ \_ \_ \_

orned    \_ \_ \_ \_

uzzb    \_ \_ \_ \_

wlfore    \_ \_ \_ \_

oynhe    \_ \_ \_ \_

ctsien    \_ \_ \_ \_

eeunq    \_ \_ \_ \_

ebeaxsw    \_ \_ \_ \_

etews    \_ \_ \_ \_

exahgno    \_ \_ \_ \_



# Recipes

## Chewy Honey Bars

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-	Cooking spray	½ cup	BeeMaid honey
2¼ cups	Old-fashioned oats	6 tablespoons	Unsalted butter
1½ cups	Crispy rice cereal	1 tablespoon	Vanilla extract
1 cup	Raisins	1 teaspoon	Salt
1 cup	Unsalted roasted peanuts	¼ cup	Smooth peanut butter (or substitute)
⅔ cups	Light brown sugar		

### Directions

Line the base of a 9-by-13-inch pan with parchment paper and spray generously with cooking spray.

In a large bowl combine the oats, crispy rice, peanuts and raisins; stir to combine. Set aside.

In a large, 2-quart saucepan combine the brown sugar, BeeMaid honey, butter, peanut butter, vanilla and salt. Bring to a boil and cook, stirring with a wooden spoon, over medium-high heat, until the mixture reaches 220 degrees on a candy thermometer. Immediately pour the hot liquid over the oat mixture, stirring until all of the dry ingredients are coated.

Transfer the bar mixture to the prepared pan and press into place using your hands. Chill in the refrigerator for about an hour.

To serve, cut into half lengthwise; then horizontally into twelve 2-inch bars.

## Honey Crispies

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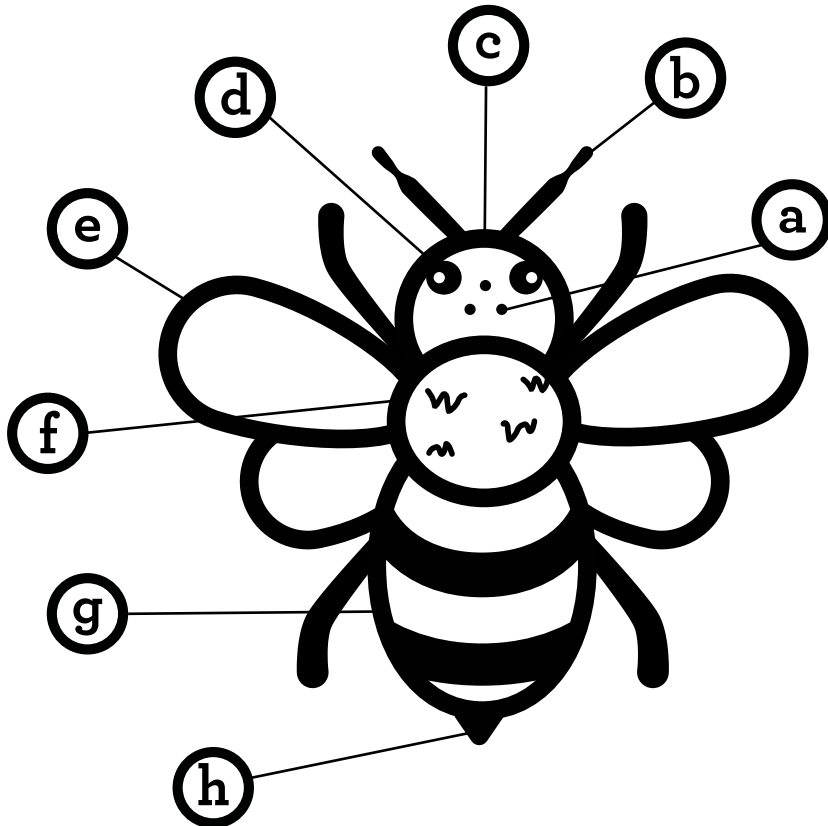
½ cup	Powdered sugar	1 ½ cups	Crisp rice cereal
½ cup	Peanut butter (or substitute)	½ cup	Raisins
½ cup	BeeMaid Honey	½ cup	Chocolate or multicolored sprinkles

### Directions

Place a sheet of waxed paper on a cookie sheet so cookies won't stick. Combine powdered sugar, BeeMaid honey and peanut butter in a medium bowl. Stir until mixed well. Stir in cereal and raisins. Using hands, shape mixture into 1-inch balls. Roll balls in sprinkles and place on a cookie sheet. Refrigerate for 1 hour. Cookies should feel firm when touched. Serve right away or place in tightly covered container and store in refrigerator.

# Can you match the bee parts? - - - -

Write the letters below next to the name of the matching bee body part.



- e Wing
- Stinger
- Small Eye
- Antennae
- Compound Eye
- Thorax
- Head
- Abdomen



Answers: a) Small Eye b) Antennae  
c) Head d) Compound Eye e) Wing  
f) Thorax g) Abdomen h) Stinger