

Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



Honey Activity Sheet

HOW IS IT MADE?

Honey is a product of the pollination process – it's created by honeybees when they carry flower nectar back to their hive. Learn more in this video:

[How do bees make honey?](#)

ACTIVITIES:

[NJ Climate Change Standards & Connections to Agricultural Literacy](#)

Pre-K:

- [Pollinator Water Station](#)

Lower Elementary:

- [The Amazing Honey Bee](#)

Upper Elementary:

- [Flower Power](#)
- [Pollination Simulation](#)

Middle:

- [Mind Your Own Beeswax](#)

High School:

- [Fermentation of Honey](#)

[Honeybee Read-Aloud](#)



NUTRITION FACT:

Minimally-processed honey is rich in antioxidants and has antibacterial properties. In many households, it is thought to be an effective cough suppressant and taken in small spoonfuls when sick.

ALL ABOUT NEW JERSEY!

While wildflower and clover honeys are also commonly found in New Jersey, the state is well known for its blueberry honey, as a result of our flourishing blueberry farms. This honey is a product of the pollination of blueberry flowers, which is necessary for the blueberry fruit to form!

FUN FACTS

Honey never spoils! When stored in an airtight container, it can last indefinitely. This is because of its high sugar content, natural acidity, and antimicrobial properties.

RECIPES:

- [Honey Cornbread Muffins](#)
Jersey Tastes! Classroom Activity and Tasting
 - [Jersey Fresh Video Corny Corn Muffins with Honey Mascarpone](#)
- [Slow Cooker Honey Teriyaki Chicken](#)
- [Honey Ginger Green Beans](#)
- [Honey Mustard Ranch Dip](#)

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