



Fun Bee and Honey Facts



- A honey bee can fly up to 15 miles per hour.
- A honey bee worker only makes an average of 1/12 of a teaspoon in her lifetime.
- One ounce of honey would fuel a bees flight around the world.
- A pound honey is made by 2 million flower visits. The bees fly 55,000 miles back and forth to bring that honey.
- A honey bee visits 50-100 flowers in one trip.
- Honey comb is hexagon (six-sided) shaped. The wall of comb is 2/1000 inch thick, but can support 25 times their own weight.
- Honey bees beat their wings 11,400 times per minute. This is beating of wings makes the buzzing noise.
- Honey bees never sleep.
- An average hive has 50,000 to 60,000 worker bees.
- The honey bee is the only insect that produces food for humans.
- Honey keeps very well. A pot of honey was found in good condition in King Tut's tomb.
- Honey is full of a variety of vitamins and essential minerals, antioxidants, and amino acids.
- Eating honey is a natural way to get an energy boost. It is a mixture of simple sugars glucose and fructose. Studies have shown that this works best in preventing fatigue and enhancing athletes performance.
- Honey is an antimicrobial agent and can be used effectively on minor burns or scrapes. It has been shown to speed the healing of wounds.

