

The benefits and importance of bees

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Bees play a vital role in our world as essential pollinators for global crop production. They contribute to the pollination of 87 out of 115 major food crops worldwide, ensuring the growth and abundance of various fruits, vegetables, and grains.

Moreover, bees create honey, a natural substance that serves as their own food source. It is also true that consuming locally sourced honey has the potential to help reduce allergies by exposing individuals to local allergens present in the honey.

However, it is important to note that honey does not contain trace amounts of vitamin C and minerals. Nevertheless, honey does possess remarkable properties. It is known to have antioxidant and anti-inflammatory effects, making it a beneficial addition to our diets. Additionally, honey has been scientifically shown to promote wound healing, especially in cases of burns.

In conclusion, bees and honey are fascinating and valuable components of our ecosystem. Their pollination efforts and the benefits of honey contribute to the well-being of both nature and humans. Let us appreciate the significant role that bees play in our food production and the potential health advantages that honey offers.

Conversation Questions

- Why are bees considered important for our world?
- How do bees contribute to crop production and food crops worldwide?
- What would happen if bees were to disappear from our ecosystem?
- Can you think of any other pollinators besides bees? How are they important?
- Are there any threats or challenges that bees face today? How can we help protect them?
- How can honey help in soothing a sore throat? Are there any specific types of honey that work best?
- What role does honey play in building tolerance for allergies?
- What are some other sources of antioxidants and anti-inflammatory substances apart from honey?

True or False (T / F)

- Bees are essential pollinators for global crop production.
- Bees contribute to the pollination of 87 out of 115 major food crops worldwide.
- Honey is a natural substance created by bees for their own food.
- Consuming locally sourced honey may help reduce allergies.
- Honey contains trace amounts of vitamin C and minerals.
- Honey has antioxidant and anti-inflammatory properties.
- Honey has been shown to promote wound healing, particularly in burns.
- Bees are the only insects that pollinate crops.

Synonym Match

1. bees	A. nectar
2. creatures	B. harvest
3. role	C. agents
4. world	D. material
5. pollinators	E. insects
6. crop	F. advantages
7. production	G. globe
8. honey	H. manufacturing
9. substance	I. function
10. benefits	J. animal

Rank your favorite foods

Apples - Bananas - Grapes - Strawberries - Watermelon - Pineapple - Oranges - Honey

Answers:

True or False (T / F)

1. True
2. True
3. True
4. True
5. False
6. True
7. True
8. False

Synonym Match

1E, 2J, 3I, 4G, 5C, 6B, 7H, 8A, 9D, 10F