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Buzzing for Food: What Do Bees Eat?

Bees are amazing creatures with unique eating habits. Did you know that bees are herbivores? This means they only eat plants and plant-based foods. Their diet is simple, but it plays a huge role in keeping nature healthy and balanced.

The main food sources for bees are nectar and pollen from flowers. Nectar is a sweet liquid that flowers produce. Bees use their long tongues to sip up nectar like a straw.

Nectar provides energy for bees because it's full of natural sugars. Pollen, on the other hand, is like a superfood for bees. It contains proteins, vitamins, and minerals that help bees grow and stay healthy.

Once a bee collects nectar and pollen from flowers, it doesn't just eat it right away. The nectar is taken back to the hive, where it's turned into honey. Worker bees fan the nectar with their wings to dry it out, and over time, it thickens into honey. Honey is an important food for bees, especially in winter when flowers are hard to find.

Bees are very skilled at finding food. They fly from flower to flower, using their excellent eyesight and sense of smell to locate the best blossoms. Once they find a good flower patch, they use a special "dance" to tell other bees where to go. This dance, called the waggle dance, is like a map showing the direction and distance to the flowers.

Even though bees don't hunt like carnivores, they work very hard to gather their food. Their work benefits everyone, not just themselves. When bees move from flower to flower, they carry pollen with them. This process, called pollination, helps plants grow fruits, vegetables, and seeds. Without bees, many of the foods we eat wouldn't exist!

In short, bees are herbivores that rely on plants for their survival. They eat nectar for energy and pollen for nutrition, and their role in pollination makes them some of the most important insects on the planet. So, the next time you see a bee buzzing around a flower, remember how hard it's working to find its next meal—and to help nature thrive!