

Powerful Pollinators

Pollinated Lunches



Pollinated Lunches

During the program students learned what pollen is, where it can be found and how it moves from flower to flower - often on the bodies of pollinators! They spent time observing three key characteristics that can be used to identify pollinators: their fuzzy bodies, an ability to fly and the fact that they get their food from flowers. The goal of this post-program activity is to take the investigation one step further by having students consider what foods they eat that are pollinated by insects and what would happen if we lost all of our pollinator helpers.

Materials:

- “Place Mat” Coloring Sheet (at the end of this PDF)
- List of foods pollinated by insects (at the end of this PDF)

Step 1: My Meal WITH Pollinators

- On a blank sheet of paper each student should list all of the ingredients of their most recent meal. Instead of listing a PB&J sandwich, have them list peanut butter, jelly, bread, etc.
- Once they have their lists have students draw their meal on the top half of the Place Mat coloring sheet, the one titled “My Meal WITH Pollinators.”

Step 2: My Meal WITHOUT Pollinators

- Project on a screen or pass out the list of “Foods Pollinated by Insects.” Let students know that without insects, these foods wouldn’t exist. Allow time for students to discover and discuss just how many of their favorite foods are on that list.
- Students should then go through their list of ingredients from their most recent meal and cross out any ingredients that are pollinated by insects.
- Next up they’ll draw their most recent meal again, this time under the “My Meal WITHOUT Pollinators” heading and only include things on their ingredients list that are NOT crossed out.

NOTE: Some students might have something on their list of ingredients that is not included on the list of pollinated foods. If you’re not sure how something is pollinated, a simple Google search of “How are _____ pollinated?” usually comes back quickly with an easy answer.



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Discussion

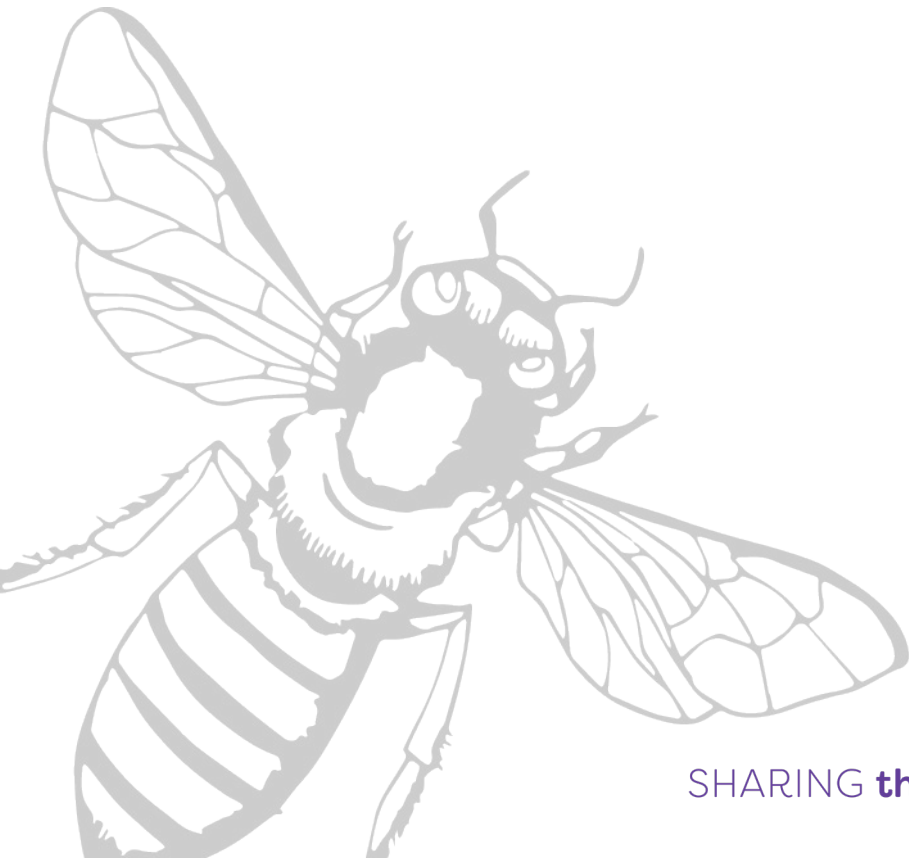
Ask students what they are noticing about their new meals. Are they as tasty as they would be if pollinators are around? Are they as healthy? Do they think it is important to take care of pollinators based on this new information? Many students will want to know how they can help keep their favorite foods around, how they can help pollinators. There are a few simple things students and families can do:

1. Plant flowers native to where they live.
2. Plant flowers that bloom early in the spring when pollinators are most hungry. Planting flowers that bloom throughout the season and into the hotter, dryer months of summer are important too. The goal is to make sure bees have a food source throughout the growing seasons. Bonus points if you leave all those dandelions - they bloom in early spring when bees are VERY hungry.
3. Don't use pesticides in your garden.
4. Leave some leaves, reeds, sticks and sandy, gravelly areas in your yard for native bees to use for nesting and raising the next generation of pollinators.

Helpful Resources:

Looking for more information? Here are a few helpful resources for further investigation.

- The Xerces Society: www.xerces.org
- Pollinator Partnership: www.pollinator.org
- A list of foods pollinated by insects: www.pollinator.org/list-of-pollinated-food



Foods Pollinated by Insects



Fruits

Apple
Apricot
Avocado
Blackberry
Blueberry
Cranberry
Gooseberry
Huckleberry
Raspberry
Strawberry
Cherry
Grapefruit
Lemon
Mandarin Oranges
Currants
Kiwi
Mango
Cantaloupe
Honeydew
Watermelon
Peach
Pears
Plum
Tomatoes

Vegetables

Artichoke
Asparagus
Dill
Pumpkin
Broccoli
Eggplant
Radish
Brussel sprouts
Garlic
Rutabaga
Cabbage
Kale
Carrots
Squash
Cauliflower
Leek
Turnip
Mustard
Celery
Onion
Parsley
Pepper
Lima beans
Cucumber

Nuts and Seeds

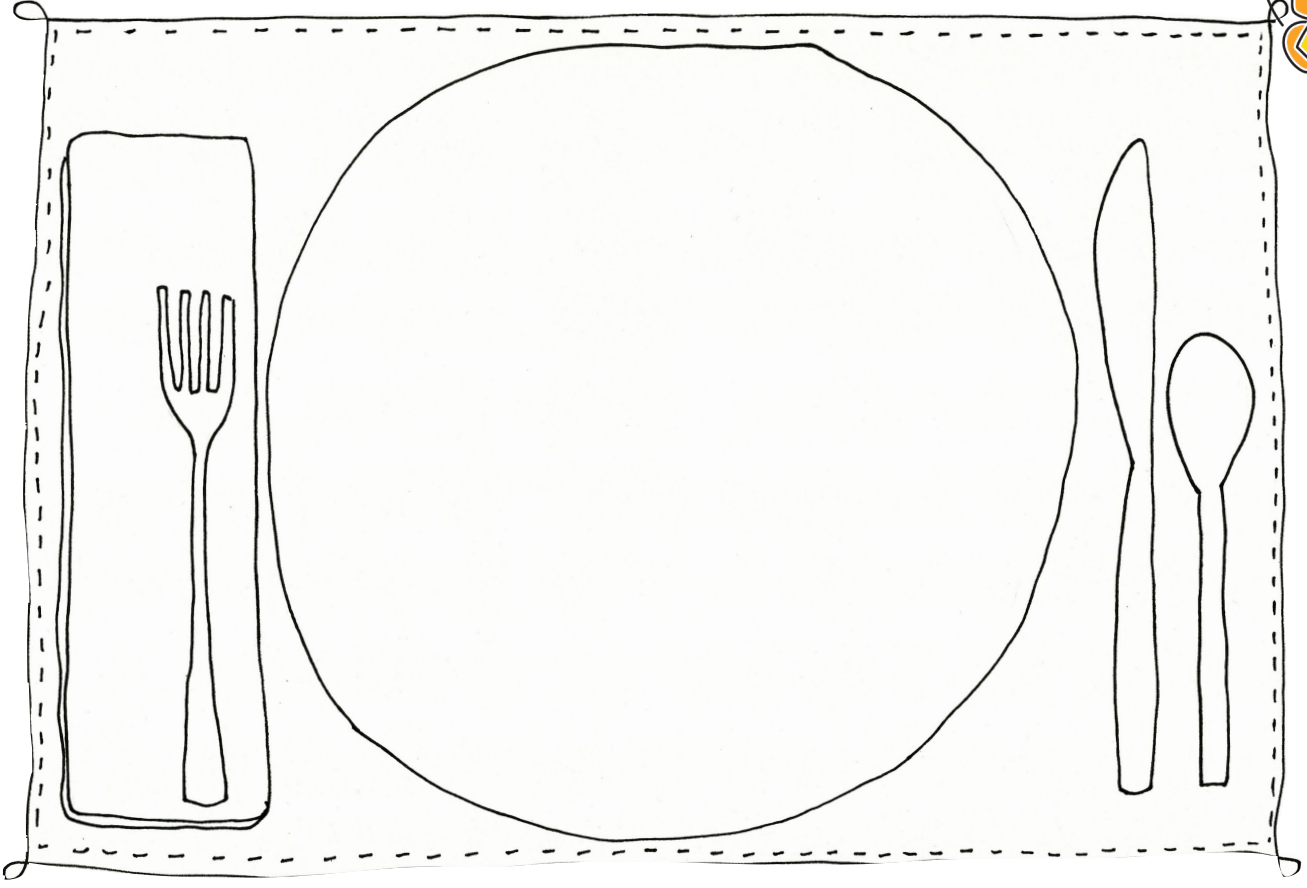
Almond
Coconut
Cacao (Chocolate)
Coffee
Cashew
Chestnut
Macadamia
Soybeans
Sunflower
Alfalfa

Secondary Foods

(meat and poultry
that rely on pollinated
crops)

Beef
Pork
Chicken

My Meal WITH Pollinators



My Meal WITHOUT Pollinators

