



Spotlight on Honey

Tastes So Sweet!

Students will have the opportunity to learn about how honey is produced in British Columbia through a video tour of a BC Honey Farm. Then, students will participate in a honey tasting activity which will highlight how honey tastes different based on where and how it is produced.

Subject Levels/ Suggested Grade

ADST: Food Studies 9

Food Studies 10-12

Culinary Arts 10-12

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and Field to Fork Challenge

Grade and Subject	Curricular Competencies	Content Connections
ADST: Food Studies 9	<ul style="list-style-type: none"> Evaluate the personal, social, and environmental impacts. Evaluate how the land, natural resources, and culture influence the development and use of tools and technologies. 	<ul style="list-style-type: none"> Health, economic, and environmental factors that influence availability and choice of food in personal, local, and global contexts.
Food Studies 10	<ul style="list-style-type: none"> Evaluate the influences of land, natural resources, and culture on the development and use of tools and technologies. 	<ul style="list-style-type: none"> Food trends, including nutrition, marketing, and food systems. Simple and complex global food systems and how they affect food choices, including environmental, ethical, economic, and health impacts.
Food Studies 11	<ul style="list-style-type: none"> Critically evaluate how competing social, ethical, economic, and sustainability considerations impact choices of food products, techniques, and equipment. 	
Food Studies 12	<ul style="list-style-type: none"> Critically evaluate how competing social, ethical, economic, and sustainability considerations impact choices of food products, techniques, and equipment. 	
Culinary Arts 10	<ul style="list-style-type: none"> Explore the impacts of culinary decisions on social, ethical, and sustainability considerations. Evaluate the influences of land, natural resources, and culture on the development and use of culinary ingredients, tools, and technologies. 	<ul style="list-style-type: none"> Food products available locally via agriculture, fishing, and foraging.
Culinary Arts 11	<ul style="list-style-type: none"> Analyze and evaluate how land, natural resources, and culture influence the development and use of culinary ingredients, tools, and technologies 	<ul style="list-style-type: none"> B.C. agricultural practices.
Culinary Arts 12	<ul style="list-style-type: none"> Examine and critically evaluate how culinary decisions impact social, ethical, and sustainability considerations. Analyze and evaluate how land, natural resources, and culture influence the development and use of culinary ingredients, tools, and technologies. 	<ul style="list-style-type: none"> Social, economic, and environmental effects of food procurement decisions.

Teacher Background

British Columbia produces about 1.5 million kilograms of honey per year. And although our honey production might be smaller compared to other western provinces, the importance of honey bees as pollinators for crops is of the utmost importance. It is estimated that about 500 million dollars of produce each year in BC is produced thanks to honey bee pollinators. After students watch and learn from the BC Honey Farm Tour Video, they will be able to participate in a honey tasting activity. This will help them appreciate and understand how honey gets its unique tastes from the different flowers the bees collect nectar from.

Materials

- [BC Honey Farm Tour Video](#)
- Computer/Projector
- Honey Tasting Pictures 1-3
- 3 different types of honey labeled A, B, C (choose honey with different flavours and colours)
- Student handouts:
 - Three Sweet Facts
 - Honey Tasting Worksheet

Procedure

1. Handout a copy of “Three Sweet Facts” to each student. Tell students they will be sharing three “sweet facts”, with a partner after viewing. Have students watch [BC Honey Farm Tour Video](#).
2. After viewing, have students share their three sweet facts with a partner.
3. Show students Honey Tasting Picture 1:
 - a. Say: *In cooking, honey is used as a sweetener, but what makes it unique is that while adding sweetness it also has a flavour. Unlike other sweeteners like sugar, which just taste sweet, the flavour of honey changes depending on what types of flowers the bees are visiting, as well as the region and season it was harvested in. Bees often travel 2-3 kilometers from their hive to collect nectar from flowers. So therefore, whatever types of flowers are growing within a 2-3 kilometer radius of the hive will influence the colour, taste, and smell of the honey.*
4. Show students Honey Tasting Picture 2:
 - a. Say: *Because there are so many different types of flowers that bees can collect nectar from, there are hundreds of varieties of honey. Most of the mass produced honey that you can buy at the grocery store tastes the same because it is pasteurized. They also may have hives in places where the majority of the flowers are the same (i.e. Apple orchards). In contrast to store bought honey, local honey is often sold raw or unpasteurized which creates more variety in flavour and complexity.*
5. Handout “Honey Tasting Worksheet”. (Write the three honey types chosen on the board so that students can try and guess what each type is).
6. Show students Honey Tasting Picture 3:
 - a. Say: *We are going to taste the honey, and try to determine which honey is which! We are going to observe the colour, smell, taste, and texture of each honey.*
7. Have students find the honey labeled A, and hold it up against the colour bar on the “Honey Tasting Worksheet”. Then have them write in the box which colour it is.
8. Smell honey A. Ask: *What does it smell like? How strong is the smell?* Then have them write their answers in the corresponding box.
9. Put a bit of honey onto each student’s pointer finger. Have them rub it between their finger and thumb. Ask: *What does it feel like? Thick, runny, sticky?* Have them wipe it off and then write down their observations.

10. Have students taste some honey. Ask: *Does it have a strong or mild flavour? What does it taste like? How sweet is it?* Have students write down any observations.
11. Repeat steps 7-10 with the other two types of honey labeled B and C. Once complete, students can answer the questions at the end of the worksheet. They also can record their guesses for what type they think each honey is.
12. Reveal to students what the three different types of honey were!
13. Have students share what their favourite type was as an Exit Ticket.

Extension Activities

- Explore [BC's Honey Story](#) on GrowBC Map

Name: _____

Three Sweet Facts

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Name: _____

Three Sweet Facts

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Name: _____

Honey Tasting Worksheet

Honey Samples	A	B	C		
Colour (match honey to a colour on the bar below)					
Extra white	White	Extra light amber	Light amber	Amber	Dark amber
Smell (what does it smell like? How strong is the smell?)					
Texture (thick, runny, sticky)					
Taste (strong or mild flavour? What does it taste like? How sweet is it?)					

Guessing Game: Match the Sample to its Flavour

Draw lines to connect each honey sample to a flavour:

Honey A • _____

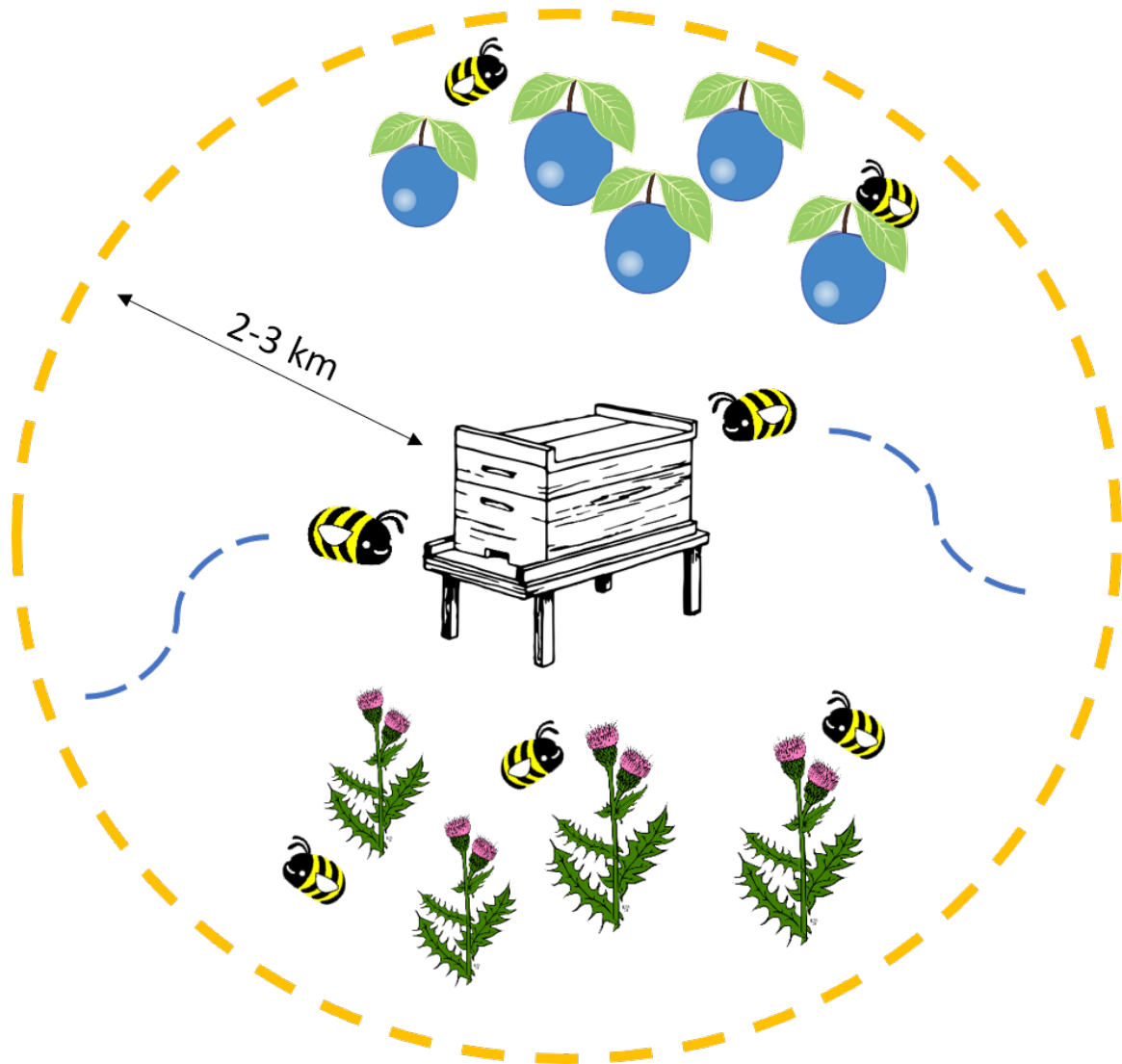
Honey B • _____

Honey C • _____

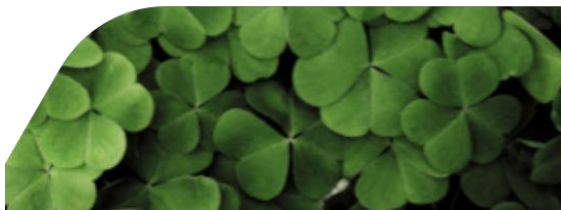
Which Honey sample was your favourite? A B C

Why was it your favorite?

Honey Tasting Picture 1



Honey Tasting Picture 2



Honey Tasting Picture 3

**Colour**

Observe and use the colour scale to determine what colour each sample is.

Smell

Smell the honey. What does it smell like? Does it have a strong smell?

Texture

Is it runny or thick? Is it smooth?

Taste

What does it taste like? Is it a strong or mild flavour?