

Pollination On Your Plate

WRITE DOWN OR DRAW THE INGREDIENTS IN YOUR LAST MEAL. DON'T FORGET TO INCLUDE HERBS AND SPICES!

NOW CHECK OFF WHICH INGREDIENTS WERE POLLINATED BY BEES

- ☐ **FRUITS:** BERRIES, CITRUS, APPLES, STONE FRUIT, AVOCADO, GUAVA, COCONUT, BEANS
- ☐ **VEGETABLES:** SQUASH, TOMATO, EGGPLANT, POTATO, BROCCOLI, PEAS, CELERY
- ☐ **NUTS:** ALMONDS, CASHEWS, BRAZIL NUT, MACADAMIA NUTS
- ☐ **DAIRY/MEAT/EGGS:** BEES POLLINATE SOY, ALFALFA, PEAS (USED IN ANIMAL FEED)
- ☐ **HERBS/SPICES:** VANILLA, SAFFRON, BASIL, OREGANO, SAGE, MINT, ROSEMARY
- ☐ **OTHER:** COFFEE, COTTON, FLAX (LINEN), HEMP, ASPRIN, MORPHINE, CANCER DRUGS