

Bees and Flowers Benefit Each Other

Did you know that bees and flowers benefit each other? The flowers of the plant provide bees with nectar and pollen to feed the colony of bees. Some bees have pollen baskets to carry the pollen and others have sticky hairs on the backs of their legs. Pollen provides protein while nectar contains sugar and together they provide a high energy food source for the bees.



Meanwhile, the bees provide flowers with the means to reproduce by spreading pollen from one flower to another. The process of moving pollen from flower to flower is called pollination, and it allows for seeds and fruit to be produced so that the next generation of plants can grow.



Both bees and flowers are adapted so that this beneficial process happens as efficiently as possible. Can you think of ways that the parts of a bee and the parts of a flower are designed to carry out the process of pollination?