

# Planet PK Champions: Bees



## Why are bees important?

### Pollinators

Bee pollination helps plants reproduce, which allows us to grow crops to eat. In fact, bees pollinate up to 71% of the globe's plant-based foods!

### Honey

Honey is important for its use as a medicine – it has antibacterial properties and can help in wound healing, and as a food it is very energy dense.

## Why are bees disappearing?

### Habitat loss

Bees live in hollow trees and need wild meadows to survive. Trees and meadows are in decline due to poor farming practices and the construction of lots of new buildings.

### Toxic pesticides

Toxic pesticides are a spray that some farmers use to kill anything that could be harmful to their crops. When a bee pollinates a plant that has toxic pesticides on it, it can seriously harm the bee.

### Climate change

Extreme weather affects bees nesting. It also alters the time of year that the flowers bloom, meaning bees do not have enough food.



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## How can you help bees?

- **Fill your garden with bee-friendly flowers including foxglove, birdsfoot trefoil and red clover.**
- **Provide shelter for a bee, such as a bee hotel.**
- **Don't use pesticides in your garden.**
- **Help a bee in need:**

If you see a bee not moving it is probably tired. You can help the bee by mixing two tablespoons of white, granulated sugar with one tablespoon of water, placing it near the bee so it can help itself to this homemade energy drink.

