

HONEY LESSON #2

SWEETENERS: HONEY OR SUGAR?

Ask: What food do you eat that has honey in it as an ingredient or that you put honey on as a topping? What food do you eat that has sugar in it as an ingredient or that you put sugar on as a topping?

Ask: Of these foods, which do you eat the most often? Which do you like the taste of the most?

Ask: Do you think you could switch one for the other? For instance, could you put honey in brownies instead of sugar? Why or why not?

Say: Honey and sugar are both sweeteners. They are added to food to make them taste sweeter. Sometimes we can use one for the other in recipes. Honey is sweeter than sugar, so we need less of it when we cook or bake with it compared to table sugar.



ACTIVITY: BERRY FRUIT SALAD

Say: Today, we are going to use honey and make a berry fruit salad recipe.

Recipe:

- 6 oz blueberries
- 1 lb strawberries, hulled and diced
- 1 tbsp honey or maple syrup
- 1 lime, zested and juiced
- 2 tsp mint, finely chopped (optional)

Instructions:

1. Put students into groups of groups of 4. Give each group two bowls and a spoon. Assign each member of the group a different job: honey, lime juice, mixing, and pouring.
2. Have all students help wash and dry berries. Add all berries into a large mixing bowl.
3. Have the student in charge of honey measure out 1 tbsp of honey in a small microwave safe bowl. Heat until runny, about 5-10 seconds.
4. Have the student in charge of lime juice cut the lime in half and squeeze the lime juice into the bowl with the melted honey.
5. Have the student in charge of mixing stir together the honey and lime juice.
6. Have the student in charge of pouring pour the honey and lime juice mixture over the berries.
7. Have the student in charge of mixing gently stir the fruit salad until the berries are coated with the honey and lime juice mixture.
8. Give each student the opportunity to taste the fruit salad.
9. Pass out a copy of the Berry Fruit Salad recipe for students to take home and try with their families.

Ask: What fruits did we use today in our recipe?

MATERIALS NEEDED

- Recipe ingredients
- Large mixing bowl
- Small microwave safe bowl
- Plastic knives
- Plastic spoons
- Berry Fruit Salad recipe copies
canva.com/design/DAGTIRoFuE0/tDRcARMfDE0UGzWhLxKF9w/view

Ask: Are there other berries you can think of that we didn't use?
(examples: raspberries, blackberries, mulberries, gooseberries, huckleberries)

Ask: Are there any other fruits that you think would taste good with the honey and lime juice mixture on top?

Ask: What might you add if you wanted to add some crunch to the fruit salad? What about if you wanted to add creaminess?

ALTERNATIVE ACTIVITY: HONEY BREAD

Recipe:

- 1 cup warm water
- 1/4 cup honey
- 1 (0.25 oz) packet active dry yeast
- 6 cups flour, plus extra to help knead
- 1/8 cup sugar
- 3/4 tsp salt
- 1/8 cup melted butter
- Cooking spray

MATERIALS NEEDED

- Parchment paper
- Small mixing bowls
- Large mixing bowls
- Mixing spoons
- Towel
- Loaf pans
- Oven

Say: Today, we are going to use honey and make a bread recipe.

1. Split students into groups of 4 or 5. Give each group a large piece of parchment paper, a small bowl, a mixing bowl, and mixing spoon.

Say: In the small bowl, we will mix warm water, honey, and yeast. The sugar in the honey will feed the yeast which activates the yeast. After we get the yeast bowl started, we will put it aside and work in our mixing bowl.

2. Help students put a cup of warm water in their small bowl and add 1/4 cup of honey and a packet of active dry yeast. Have them stir it gently and set aside.
3. In the large mixing bowl, have students measure 2 cup flour, 1/8 cup sugar, 3/4 tsp salt, and 1/8 cup melted butter. Students will now use the mixing spoon to gently mix these together and form a well in the center.
4. Have students pour the yeast mixture into the well. Mix until a dough forms.

Say: Now that our dough is formed, we need to knead it on our parchment paper to work the ingredients together.

5. Help students put 1 tbsp flour on their parchment paper and carefully spread it around. Pour the dough on top of the floured parchment paper.
6. Have each student take a turn adding flour, 1 tbsp at a time, and kneading for a few minutes. Stop adding flour when the dough is smooth and slightly sticky. The dough should feel tacky but not stick to your hands.
7. Spray cooking spray into the bowl they mixed their dough in and put the dough back in. Place a towel over the top and let it rise for two hours.
8. Place dough in a greased loaf pan and bake at 350°F for 30-40 minutes.

Ask: How many sweeteners did we add to make our bread?

Say: We used two sweeteners, honey and sugar, to make our bread.

Ask: Why did we add the honey to the yeast?

Say: We added the honey to the yeast to activate the yeast. The yeast ate the sugars in the honey which allowed it to release carbon dioxide and help our bread rise.

Ask: Do you think you will be able to taste the honey in your bread? Why or why not?

ADDITIONAL ACTIVITIES

- *From Flower to Honey* by Robin Nelson, LernerClassroom, 2012
- *Where Should I Keep My Honey* by Josh Nobel, FriesenPress, 2023
- *Bee Breath* video from Go Noodle
<https://youtu.be/qRotWILQOns>
- *Koo-Koo Sticky Icky* video from Go Noodle
<https://youtu.be/id53ZddMjlg>



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