

**“Bee” a Food Hero!** A Food Hero leads by example! Food Heroes teach their friends and family members about bees. They also help prepare meals and snacks using a variety of fruits and vegetables and other foods that depend on bees. This bee field guide is a great tool for Food Heroes! It was created by a team of bee, garden and healthy eating scientists. Native Indigenous experts, farmers, elementary school teachers and elementary and middle school students, Oregon State University students, chefs, artists and writers all helped to make this book special for you!

**Field guide:** A book with words and pictures that help readers identify animals, plants, and other living and non-living things found in nature (including bees that help make our food!). The book can be brought outside.

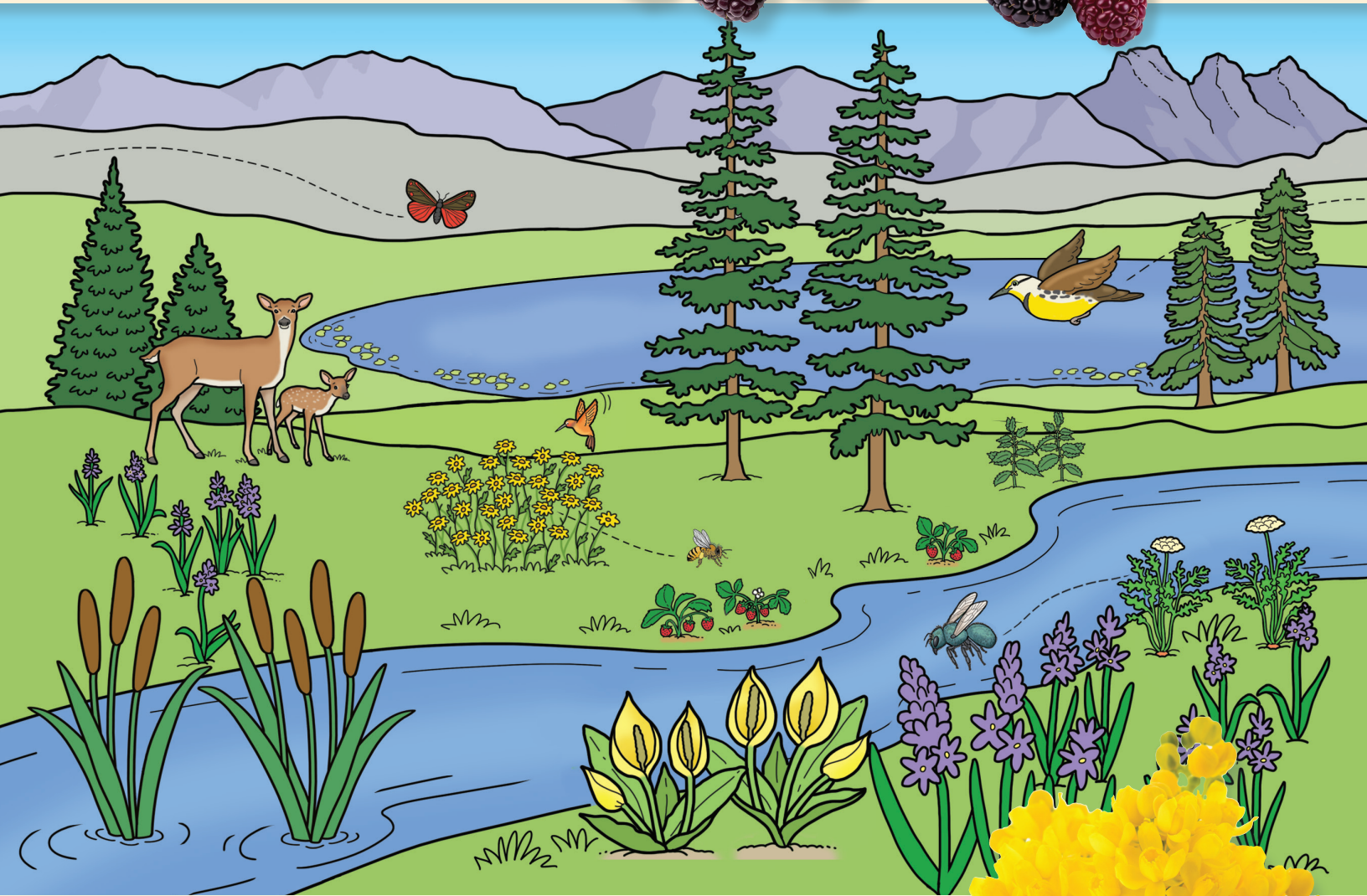


[www.foodhero.org/bees](http://www.foodhero.org/bees)



Blackberries

Marionberries



A Honey bee visiting the State Flower of Oregon, the Oregon Grape Flower

