

Bees visit flowers to collect **pollen** and **nectar** to feed themselves and their **offspring** (babies).

**Pollen** is a powdery dust that forms on the **anthers** of flowers. Pollen provides bees with nutrients, including all the protein they need to feed their offspring. Pollen also helps plants make the seeds that grow into fruits we like to eat. Bees collect pollen in a process called **foraging**. When bees forage, the fuzzy hairs on their bodies help them pick up tiny grains of pollen. As bees travel from flower to flower, some of the pollen they've been collecting is left behind. If the pollen from one flower makes it to the **stigma** (a special pollen-catching platform) of another flower of the same type, and conditions are just right, the flower is **fertilized**. This process is called **pollination**. The flower then starts making seeds. Seeds are one of the ways that plants make more plants (reproduce).

**Nectar** is a sweet liquid that is most often produced at the base of flowers. Nectar provides bees with all the daily calories they need to fly around and look for pollen.

## Parts of a Flower

