

## Pollinators and Plates

Pollinators help us have healthy food to eat.

Pollinators eat the pollen or nectar found in flowers. While they eat they move pollen from one flower to another.

Flowers use the pollen to make seeds. Seeds grow into plants and give us good food to eat.

Pollinators help us have food on our plates!

- Circle the pollinators you see sometimes in your neighborhood.
- Circle the foods you like to eat.

### Pollinators



### Food for our plates!

