

BRI – MASTER GARDENERS

Lesson Plan

TOPIC: Honey bees & the benefits of honey - Sugar Scrub
DATE: July 14, 2018
PRESENTER: Emily Bemis

OBJECTIVES:

- Create a comfortable atmosphere for students & volunteers
- Connect with students through hands on activities
- Understand the importance of honey bees & and the process of making honey
- Create a product using natural products from the hive & garden

MATERIALS:

- 10 Plastic Bowls
- 10 Metal or plastic spoons
- Napkins
- Styrofoam cups - measuring
- 10 Glass Jars with lids
- 2 Lbs Raw Honey
- 5 Lbs white or brown sugar
- Olive Oil
- Essential Oil (Lavender)
- Jar Labels
- Handouts
- Laptop

RESOURCES:

- www.Prezi.com - Power-point
- Fitlife.tv - Honey Facts

ACTIVITIES:

- Introduce self & Master Gardeners using power point.
- Student Introductions
- Explain schedule of activities to students
- Present honey bee power point - take questions
- Show finished product & explain directions for sugar scrub
- Pass out supplies & help students follow the recipe
- Clean up & review lesson with students

ASSEMENTS & NOTES:

- Verbally quiz students on three things they learned during the lesson

21 Health Benefits of Raw Honey



FitLife.tv

1. anti-allergenic
2. anti-bacterial
3. anti-viral
4. anti-fungal
5. anti-cancer
6. 27 minerals
7. 22 amino acids
8. 5,000 live enzymes
9. improve digestion
10. boosts immune system
11. reduces risk of illness and disease
12. helps to heal cuts and wounds
13. aids weight loss
14. promotes healthy, glowing skin
15. may help heal/prevent ulcers
16. raises levels of antioxidants in blood
17. boosts energy
18. supports good bacteria
19. antiaging
20. relieves morning sickness
21. soothes sore throat

Exfoliating Honey Sugar Scrub

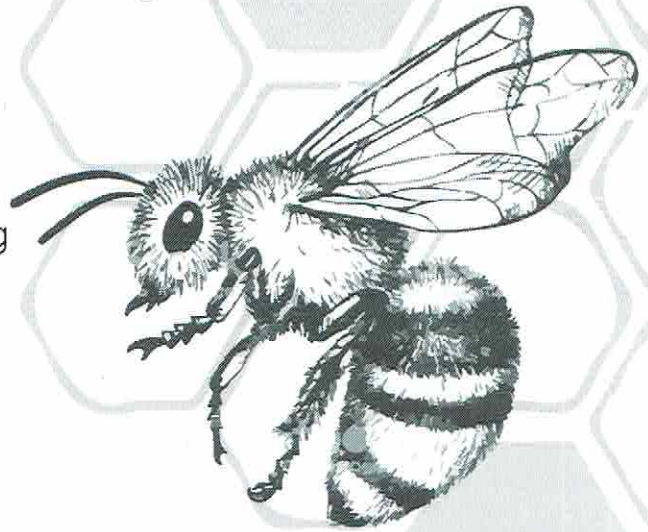
Prep time

5 mins

Total Time

5 mins

This honey sugar scrub leaves your face feeling smooth and rejuvenated. Add your favorite essential oil to boost the benefits of this scrub.



Ingredients

- 1/4 Cup raw honey
- 1/4 Cup white or brown sugar
- 1/4 Cup olive oil
- 2 Drops of your favorite essential oil

Instructions

How to Make

1. Add Honey and sugar in a bowl.
2. Add essential oil and mix well.
3. Adjust proportions as needed to suit your preference.
4. Store in an air tight container and use within two weeks.

How to Apply

1. Apply the honey sugar scrub to the skin and gently massage the skin for 3 - 5 minutes. Wait 15 minutes and rinse the skin.
2. After exfoliating with the honey sugar scrub, pat the skin dry with a soft towel and apply moisturizer.
3. Repeat one to three times a week, depending on your skin's tolerance to the mixture.

Always test the scrub on a small portion of your skin first, and immediately stop using the scrub if you notice a skin reaction.