

HONEY



The history of honey



Fossil of honey bee



Araña Caves in Spain

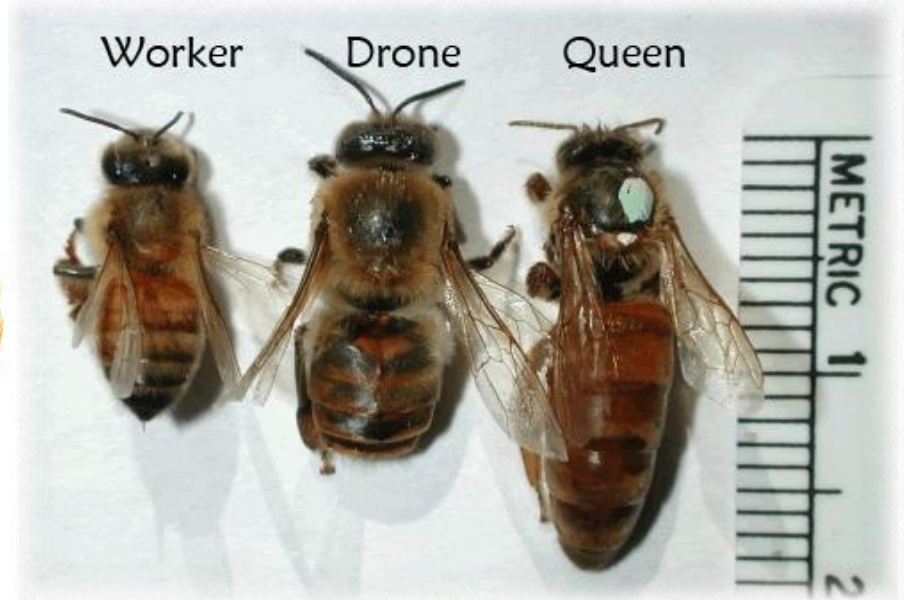
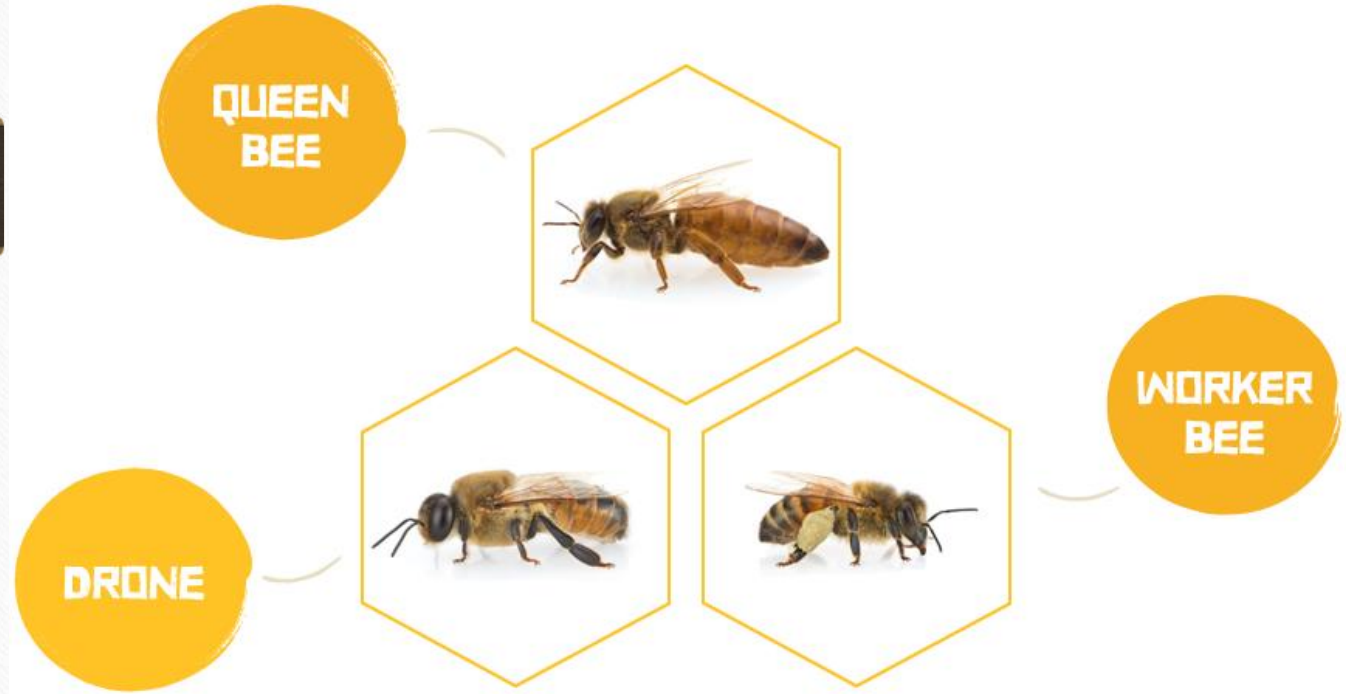


Egyptian hieroglyphs



Amphora - Archaic Greek. ca. 550
Storage Vessel for Wine, Corn, Oil or Honey.

The bee's society



Worker bees



Collect the nectar from the flowers



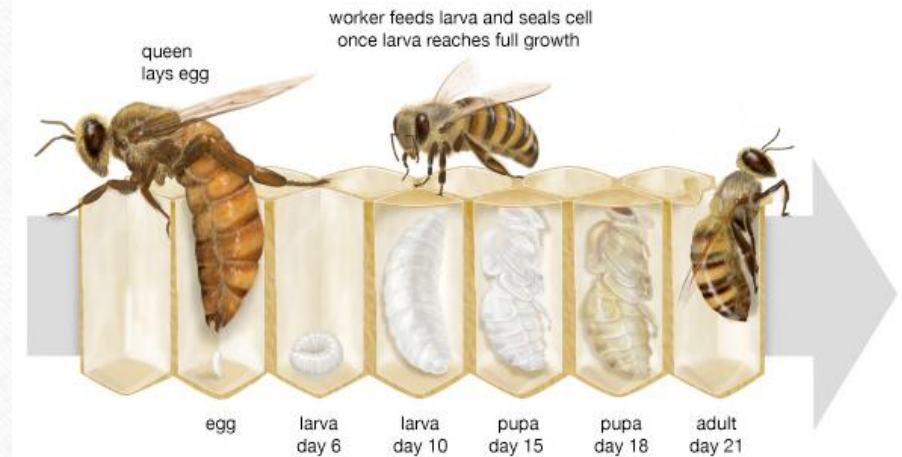
How do bees make honey?

- [Link to video](#)

Facts about honey bees

- The queen bee will lay about 1,000 to 1,500 eggs per day.
- In order to produce 500 gr of honey, 2 million flowers must be visited.
- Honey is nature's energy booster.
- Honey contains vitamins and antioxidants, but is fat free, cholesterol free and sodium free.

Life cycle of honeybees



Honey collection



[Link to video](#)



Uses of honey



Hippocrates
Ancient Greek physician

Honey nutritional values

Serving size	1 cup (350g)	Potassium	176 mg
Calories	1030	Calcium	20mg
Total fat	0g	Iron	1.4 mg
Cholesterol	0mg	Magnesium	6.8 mg
Carbohydrates	280g	Phosphorus	13.6 mg
Dietary fiber	1g	Zinc	0.7 mg
Protein	1g	Copper	0.1 mg
Sodium	14 mg	Manganese	0.3 mg
Vitamin C	3%	Vitamin B6	4%
Riboflavin	8%	Folate	2%



Medical benefits of honey



Comestics



Beeswax

Natural wax produced by honey bees.



Beeswax cream



With olive oil and lavender



References

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ΕΥΧΑΡΙΣΤΩ
/ef-cha-ri-stó/

Thank you!

Danke!

Tak!

Gracias!