A bee flies to flowers to collect nectar and pollen, which they use for food.

When a bee lands on the flower, the powder-like pollen sticks to the hairs on a bee's legs.

Along with the pollen on the bee's legs, some of the pollen is stored in pollen baskets on the side of the bee's legs.

The loose pollen brushes off the bee's legs onto another flower when the bee lands. This is called pollination.

Once a flower receives pollen from a nearby flower, it can make seeds that will grow into new plants.

Bees and Plants

Certain plants need the help of bees to make seeds. New plants then grow from these seeds.