



# The Little Book of **FAIRNESS**

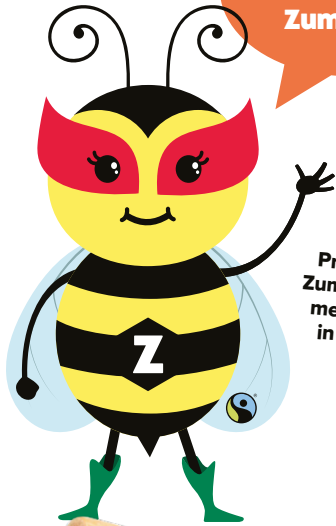
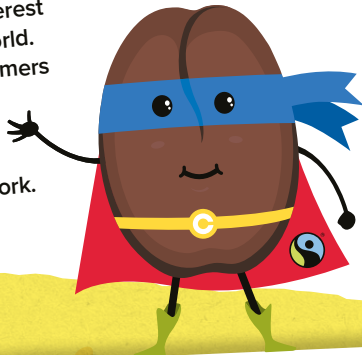
**SHAREDINTEREST**  
INVESTING IN A FAIRER WORLD



# Welcome

This is the Little Book of Fairness, and I'm Komera Coffee, a Rwandan coffee bean with a superpower to spot fairness. Before we get started, let me introduce you to Zumbido, a Mexican bee fighting for fairness for beekeepers worldwide.

We work with Shared Interest and believe in a fairer world. Shared Interest helps farmers and craftspeople in 45 countries. They make sure fair trade farmers are paid well for their work.



Hello, my name is Zumbido!

Pronounced Zum-bi-do, this means 'buzz' in Spanish.



## Did you know?

If you see food or handcrafted products in the shops with either of these logos, you know that the producers have been paid fairly.



# So, what is honey?

17g  
CARBS

0g  
FAT

0g  
PROTEIN

64  
CALORIES

(per tablespoon)



Honey is a syrupy food produced by bees from plant nectar, a kind of sweet sap produced by flowers. It is rich in nutrients and antioxidants and has antibacterial properties.

Honey is a source of natural sugar. However, it is not a food that should be overused because it is high in sugar and calories.

**GLUTEN FREE**  
**CHOLESTEROL FREE**  
**FAT FREE**



## Did you know?

Only female bees can sting. Male bees don't have stingers.

# A day in the life of a Beekeeper

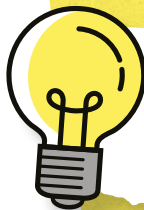
**María and her husband Diego are beekeepers and members of EDUCE co-operative in Mexico.**

María has been an organic beekeeper for four years. She lives in Izamal, a small city in the Yucatán peninsula of Mexico.

Her husband Diego is the leader of the group María works with. He has been a teacher for María and other women interested in becoming beekeepers.

As well as being a beekeeper, María also prepares food and sells this to bring extra money to the household.

In this photo María and Diego hold bottles of honey they have produced.



## **Did you know?**

An apiary or bee yard is a location where beehives of honey bees are kept.





# Types of honey

**The colour, flavour, and even the smell of honey differs, depending on the different flowers bees pollinate.**

There are hundreds of types of honey produced around the world, each originating from a different flower. Their shades range from nearly colourless to dark brown, while flavours go from subtle to bold.

As a general rule, the flavour of light-coloured honey is milder, and the flavour of darker-coloured honey is stronger.



*María holds a honeycomb for checking. She comes twice a week to her apiary to check on the bees and see if there is enough honey to be harvested.*



## Light

Soft and sweet,  
beautiful for  
baking.



## Medium

Mild and  
mellow, tasty  
on toast.



## Dark

Sharp and bold,  
brilliant in a bbq  
sauce.

# Honey and climate change

**Climate change describes a change in the typical weather of a region over a long period of time.**

It can cause extreme weather conditions. María has faced some challenges on her farm in Mexico because of this. Hurricanes and droughts have affected her honey harvest.

María told us: “The climate is a challenge, hurricanes especially. Over the last five to 10 years, it has got worse. The droughts are longer. The bees need water to drink, and there’s no water nearby. We have to carry big plastic containers every couple of days to the hives and we put it in troughs for them, because otherwise they die. Lots of them have died already.

“The other thing is flowering. There are no flowers on the trees because of the drought. You can see where the flowers are budding and trying to come out but they just dry up.”

During these challenging times, Shared Interest lends money to help farmers to continue their business so that they can then buy food and clothing for their families.

Once the farmers are able to, they repay the money to Shared Interest and it is loaned to other farmers in need.

This is our way of supporting a fairer world.





## Did you know?

Shared Interest supports farmers in 45 different countries.



Ask a grown-up to scan this QR code on a smart device to view our video on climate change.

# Where does our honey come from?

When we go to the supermarket, it can be fun to think about where the products on the shelves are grown or made. Shared Interest supports growers and makers all over the world.

## EDUCE

EDUCE is a co-operative, which means its members act fairly, like Shared Interest. A co-operative is like a special club where everyone who joins helps decide what the club does.

EDUCE works with almost 1,000 beekeepers who live in Mexico. The beekeepers produce very high-quality honey from the Melipona bee, which is native to the region. These bees are stingless and are known for their unique-tasting honey.

Shared Interest and EDUCE work together to make sure the beekeepers are paid fairly for their honey.





Shared  
Interest  
UK Team



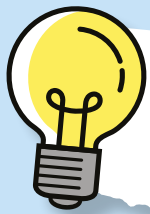
EUROPE

ASIA

AFRICA

Shared  
Interest  
Kenya  
Team

AUSTRALIA



### Did you know?

A co-operative can be a shop, a group of houses or even a farm!

# All about Mexico

Mexico is a land of extremes, with high mountains and deep canyons in the centre of the country, sweeping deserts in the north, and dense rainforests in the south and east.

The stretch of land called the Yucatán Peninsula, pronounced [juka'tan], juts into the Gulf of Mexico from Mexico's southeastern tip. It was once the home of the Maya civilization, an ancient culture whose amazing buildings can still be seen today.

Few nations on Earth support as many plant and animal species as Mexico does. Located partway between the Equator and the Arctic Circle, it is a refuge for animals fleeing extreme cold in the north and intense heat in the south.



**"Bix a be"**

That means 'good morning' in Maya.



# Mexican honey

Mexican honey has a strong flavour with a little aftertaste. It is produced from a number of mixed flowers. Its dark colour and strong taste makes it ideal for cooking.

The peso is Mexico's official currency

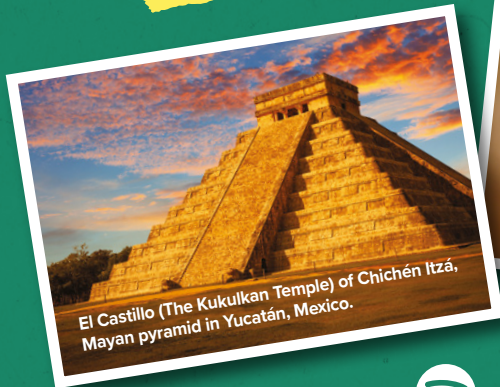
Mexico has more than 30 pyramids

The golden eagle is Mexico's national bird

## Where is Mexico?

Yucatán Peninsula

## SOME COOL FACTS



Ask a grown-up to scan with a smart device to listen to some Mexican music.

# Who's in the hive?

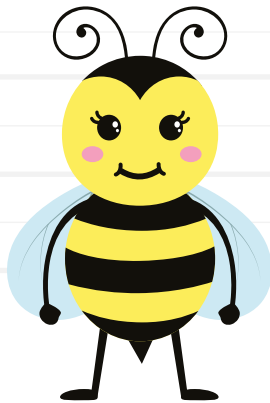


In any hive, there are thousands of honey bees, but there are actually only three types of honey bee: one queen, hundreds of drones and thousands of worker bees.

Let's take a closer look at them and find out exactly what they do to help out in the hive. Use the stickers in the back of the book to mark which type of bee is which.

## WORKER

The wondrous worker bee is the smallest of the three types of bees. These female bees have stingers and will use them to defend themselves and their hive. They pretty much do everything in the hive too, from cleaning to collecting pollen.



## DRONE

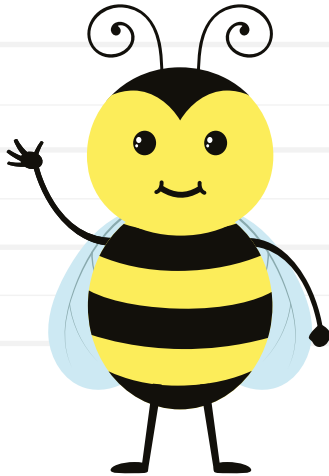
Drones are the larger bees hanging around the hive. These male bees live there during the spring and summer. The primary focus for a drone is to mate with a queen.





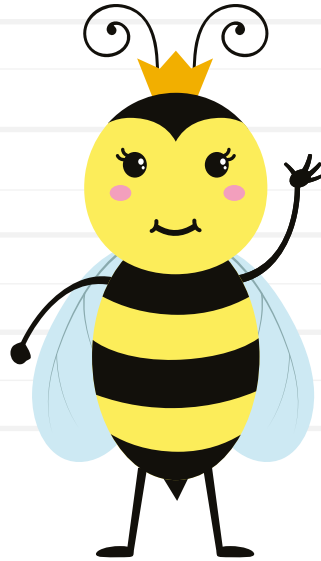
## Did you know?

An average beehive can hold around 50,000 bees. That's a lot of bees!



## QUEEN

The queen is the mother of the hive. There is only one queen in the hive and her royal duty is to produce more bees. She is the largest type of bee and can lay up to 2,000 eggs per day.





## Take me shopping!

To make your honey cake you will need the following ingredients:

- 125g butter
- 190g plain flour
- 250g Fairtrade honey
- 125g Fairtrade brown sugar
- 1 teaspoon bicarbonate of soda
- 125g dried mixed fruit
- 1 egg
- 50g walnuts



# How to make: delicious honey cake



**125g butter**



**125g Fairtrade brown sugar**



**250g Fairtrade honey**



**190g plain flour**



**1 teaspoon bicarbonate of soda**



**125g dried mixed fruit**



**1 egg**



**50g walnuts**

Leave these out if you have a nut allergy

**Ingredients**



# Cooking instructions



**1.** In a saucepan melt the butter, sugar and honey on a hob then allow to cool slightly.

**Remember to ask a grown-up to help!**



**2.** Add the flour, bicarbonate of soda and dried fruit to the melted mixture and stir well. Once mixed, stir in the egg.



**3.** Pour the mixture into a 20cm lined baking tin and sprinkle the walnuts over the top.



**4.** Pop the baking tin into the oven for 50 minutes, covering with foil for the last 10 minutes. Allow to cool and enjoy.



Ask a grown-up to scan with a smart device to watch our step-by-step cooking video.

# How do bees make honey?

The process of how honey is made is amazing. Honey bees collect nectar to create honey and store it as food.

Fortunately, honey bees will make more honey than the colony needs, so it is necessary for beekeepers to harvest the excess, which we eat.

Use a pen or pencil and join up the numbered circles in order to complete the bees' journey.



1

## COLLECTION

The worker bees collect nectar from blooming flowers and plants with their tongues.

2

## TRANSPORT

The nectar is taken back to the hive in a special organ called a 'honey stomach'.

6

## HARVESTING

The honey is then collected by beekeepers, then sold and eaten.



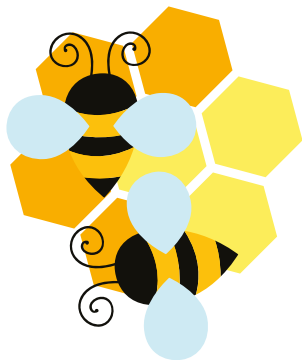




3

### PROCESSING

Inside the hive the nectar is passed on to different worker bees, whose job is to add proteins to the nectar.



5

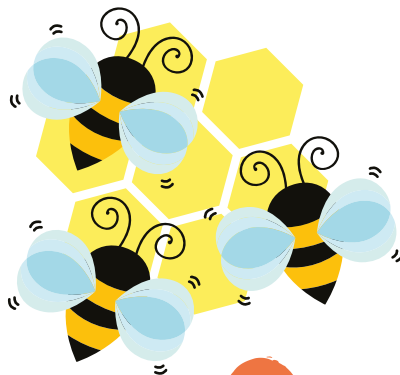
### SORTING

The bees put the honey into cells made of honeycomb, and add a wax lid to each cell to keep the honey clean.



### Did you know?

Bees are winged insects closely related to wasps and ants, so they have six legs.



4

### DRYING

The nectar is fanned by the bees' wings to remove excess moisture.

# Build a bee!

Follow the instructions below and make your very own bee out of some everyday household materials.



## Learn more

To learn about pollination go to [www.shared-interest.com/schools](http://www.shared-interest.com/schools) and try our experiment with your bee.



1. Paint your toilet roll tube yellow, then once dry paint black stripes all the way around the tube.
2. Cut out bee wings from the white paper using the image to the right as a guide.
3. Glue the wings onto the back of the bee.
4. Glue pipe cleaners to the top of the roll to make antennae.
5. Make your bee come to life by sticking on the googly eyes and drawing on a mouth! Circles of white paper for the eyes will work just as well.

## What you'll need

- Toilet roll tube
- Yellow and black paint
- White card or paper
- Pipe cleaners
- Googly eyes
- Scissors
- PVA glue
- Black marker

Remember to ask an adult to help you when using scissors and glue.



# Buzz Off!!!

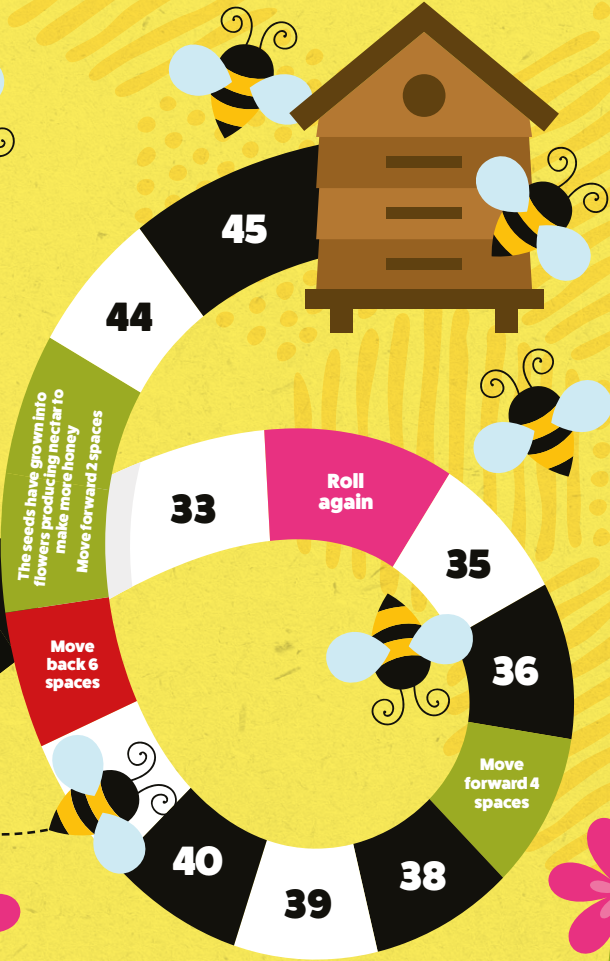
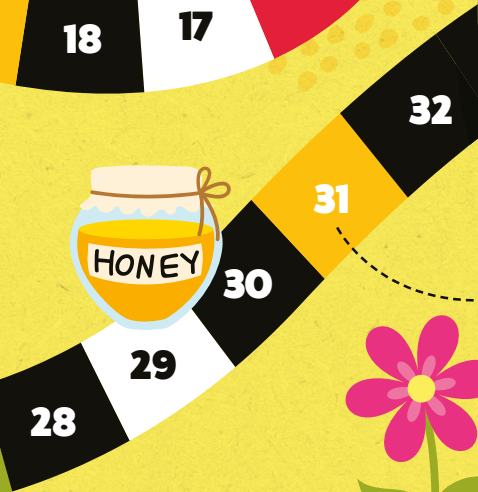
Help your bee get back to the hive after gathering nectar. Weather conditions and climate change can affect how long it takes you to get back home.



# Buzz Off!!!

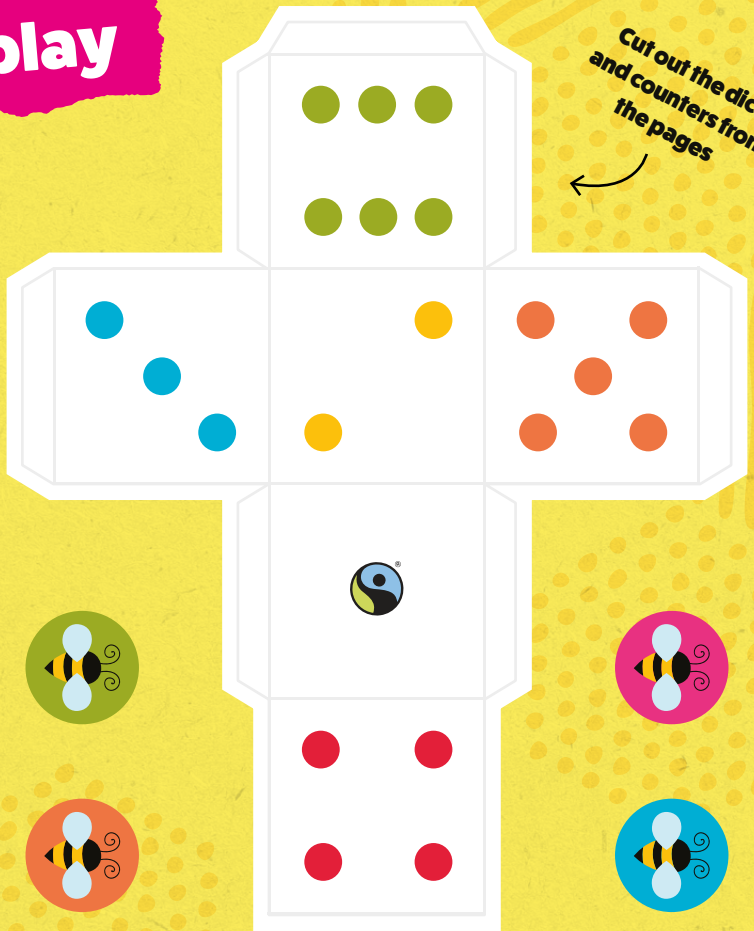






# How to play

- Each player puts their counter on the start space
- Take it in turns to roll the dice. Move your counter forward the number of spaces shown on the dice
- If your bee lands on a flower you can buzz to the next flower
- Watch out for the various obstacles that make your journey more difficult
- The first player to finish is the winner







# THANK YOU FOR READING

**If you enjoyed the Little Book of Fairness we would love to hear from you.**

**For parents/guardians/teachers:** If you have enjoyed the activities in this booklet, please visit our website to discover more free resources.

You might also decide to help farmers by investing. Watch this video to learn more: [www.shared-interest.com/what-we-do](http://www.shared-interest.com/what-we-do)

**For teachers:** We can provide you with a presentation that you can use independently. If you are interested, contact our membership team on **0191 233 9101** or at [membership@shared-interest.com](mailto:membership@shared-interest.com)

**Write to us at:** Shared Interest Society, Pearl Assurance House, 7 New Bridge Street West, Newcastle upon Tyne NE1 8AQ.



## Did you know?

The FSC serial number will tell you where this booklet was printed.



**Please pass me on to a friend or recycle me**