

## All about the honey at Lulworth House Residential Care Home



Last week our residents at Lulworth House Residential Care Home enjoyed activities themed around Winnie the Pooh and his favourite snack, honey!

We held a **'tasting lab'** where we all tried different types of honey and rated them from 'amazing' to 'too sweet'. Our residents found the clear honey was the sweetest, and the Manuka honey was the best according to Sue!

Some of us were brave enough to try the **honeycomb**, which had really tasty honey in it, but we found the wax a little chewy!

As part of the fun, Kathy helped to make **marzipan bees** with edible paper wings which looked so sweet, whilst Janet made delicious **honey sandwiches** which were shared with everyone from the tea trolley and went down a treat!

We all learnt about the **health benefits of honey** – including that it boost energy and can aid digestion – and spoke together about using honey in hot drinks when we have a cold.

Thanks to our Nourishment and Social Wellness Coordinator, Katja's youngest daughter Astrid for lending us her wonderful bees and her eldest daughter Edith for lending her Winnie the Pooh book and DVD which we used during the activity; we all enjoyed watching the movie together in our conservatory.

*What a buzz!*





Honey sandwiches and marzipan bees