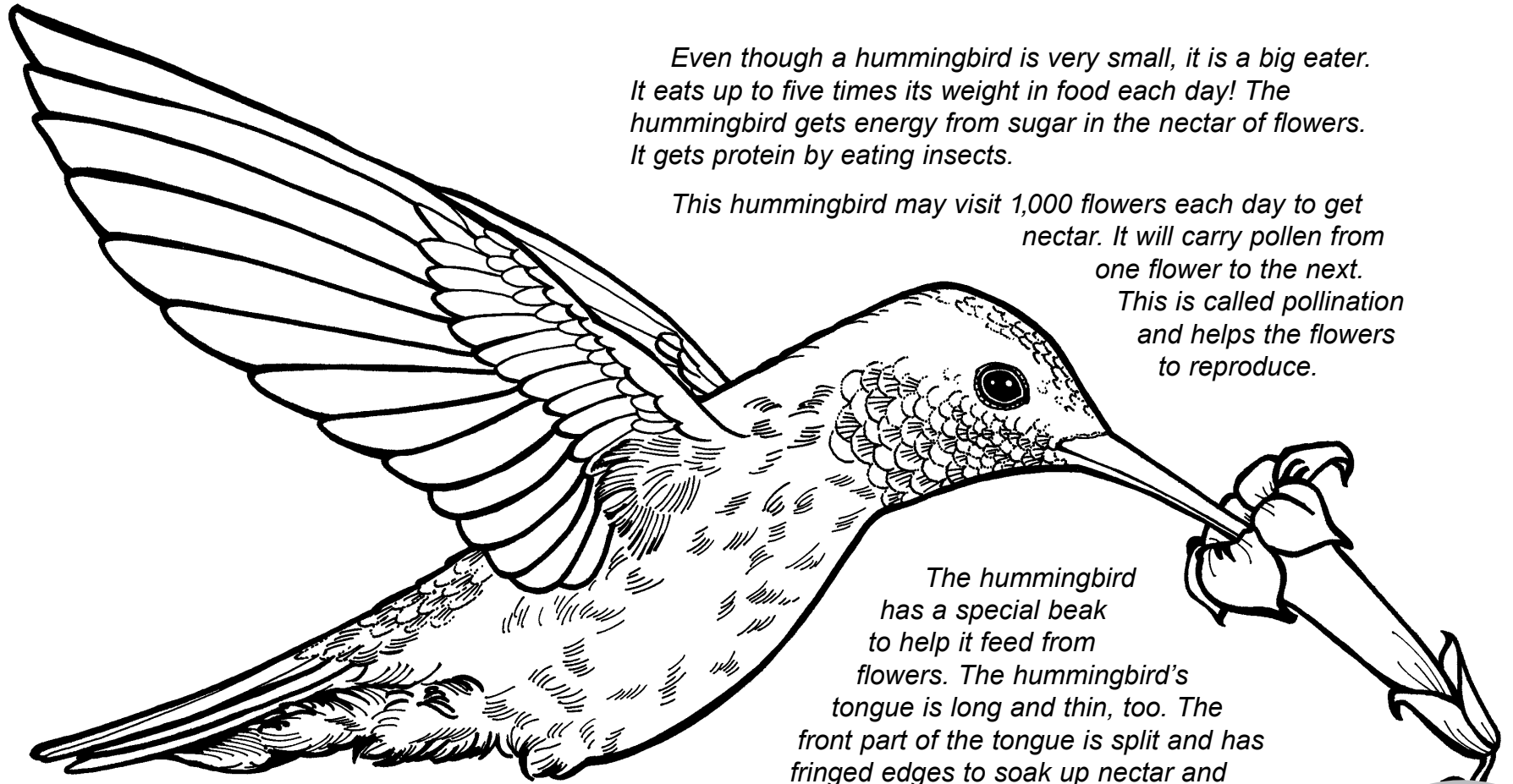


Flowers and Hummingbirds are Good for Each Other!

Even though a hummingbird is very small, it is a big eater. It eats up to five times its weight in food each day! The hummingbird gets energy from sugar in the nectar of flowers. It gets protein by eating insects.

This hummingbird may visit 1,000 flowers each day to get nectar. It will carry pollen from one flower to the next.

This is called pollination and helps the flowers to reproduce.



The hummingbird has a special beak to help it feed from flowers. The hummingbird's tongue is long and thin, too. The front part of the tongue is split and has fringed edges to soak up nectar and pollen. The hummingbird also catches insects with the fringes on its tongue!

