

Example - Migration- bird migrates to the south in winter as there is more food available, but some birds also do migrate for the purpose of reproduction.

3. **PHYSIOLOGICAL ADAPTATIONS:**

Physiological adaptations are a body process that helps an organism survive/reproduce better in an environment. These adaptations could be the different ways in which an organism responds to the stimuli from the environment. These changes are typically based on body chemistry and metabolism, thus usually can't be seen from the outside. Laboratory studies that measure the contents of various body fluids are often needed to trace these types of Adaptations.

Example - An animal which is living in cold regions will have features like thick fur and short ears to reduce the heat loss. The physiological adaptation here is the shivering to generate more heat when it gets cold.

4. **CO – ADAPTATION:**

Co-adaptation when two or more species are symbiotically bound to each other for their survival and adapt together, it is called co-adaptation.

Example - Humming birds have long beaks which helps the bird capture nectar from specific plants during which it gets dusted with pollen grains. In this way, the pollen grains are distributed, and the hummingbirds get their food.

Why is Adaptation Important for Species?

Every organism has a natural habitat which is home to the organism. This is where the basic needs of the organism like food, shelter, water and other needs are met. All organisms need to adapt to their habitats to be able to survive. An adaptation is a change to the structure or behaviour of the organism which helps the organism survive better in the habitat. This means the organism will have to adapt to the climatic conditions, predators and compete for the same resources with the other organisms living in that habitat.

Animals live in an environment where there are several factors like climate, the kinds of plants and other animals that may be predators or might compete with them for resources. The animal must adapt to all these factors to survive.

Adaptation protects the animals from their predators. One good example is the ability to camouflage. Camouflage is an adaptation that helps an organism blend in