



## Did you know?

A bird's normal temperature is 40°C (plus or minus two degrees). In cold weather birds fluff up their feathers, which helps to trap air between them reducing the amount of heat lost by the body. They may also stand on one leg and tuck their beaks into their feathers to reduce heat loss, as well as huddle with other birds.

When a bird becomes overheated, it spreads its wings to help the heat escape from the body. Because birds do not have sweat glands, they also lose heat by panting or by quivering the skin on the throat, or pouch (like the pelican). Birds preen their feathers to keep them in good condition for flight. Because feathers cannot be repaired, each year birds lose their old feathers and grow new ones. This is called moulting.