Although small and adorable, the Sanderling is well adapted for life in open habitats such as beaches. Look at the individual body parts of the Sanderling below and try to match them with their functions.

- **Fat provides energy for long distance flight**
- **For wading and stability while walking and running on soft mud and sand.**
- **Protection from predators. When observed from above, by a falcon for example, its dark back blends in with the beach or mudflat. On the other hand when seen flying above, their white bellies blend in against the light sky.**
- **Probing for hidden prey like small crabs, marine worms and mollusks in the wet sand.**
- **Fat provides energy for long distance flight**
Safety in numbers!

Did you know?

Shorebirds also have behavioral adaptations that provide them protection from hungry predators. For example Sanderlings flock together when threatened by a Peregrine Falcon. Together they fly in a zig-zag manner over the ocean because:

- an individual in a huge flock is less likely, by chance, to be the one caught!
- large flocks zig-zagging back and forth appear as a large shape to the falcon - making it hard to pick out a single bird.