



**Hummingbirds are the only known bird that can fly backward and forward. They fly at speeds higher than 54 miles per hour and hover in mid-air by flapping their wings 12 to 90 times per second. They flap their wings so fast that they make a humming noise, and that is how they got their name. These little critters have to eat 15 to 20 times a day, and they eat as much as they weigh each day. There are 328 different kinds of hummingbirds ranging from 2 inches to 8 inches long and weighing between 2 and 23 grams. They eat the nectar from bright colored flowers that don't have much of a smell to them. Their diet is 90% nectar and 10% small insects. Their long bills make it easy for them to get nectar from flowers with a tubular shape. Their tongue is the same length as their bill and has fringes on the edges so it can sip nectar. Pollen sticks to the hummingbird's bill and the hummingbird carries the pollen to the next flower. The rufous hummingbird nests in Alaska and Canada and travels more than 3,000 miles to spend winters in Mexico. Amazing!**