**Hornbills’ Adaptations for Tropical Rainforests**

Strong, curved beaks - help them crack hard nuts and seeds

Broad rounded wings that are fairly short - easier for the birds to move through the thick forest canopy

Black feathers on the body - help them hide from their predators (eg. crowned eagles)

Muscles and tendons are adapted to move the toes - used for holding and grasping the perch that they sit on  
for a long time

Efficient lungs - for the birds to be able to fly for long periods of times and at high altitudes

Notched edge beak – to pick and cut fruits (eg. figs)

Light and hollow bones - decrease the weight that the bird is carrying