

Type of Adaptation	Description	Examples
anatomical	A physical/ structural adaptation – it may be external or internal.	<ul style="list-style-type: none"> • Cacti have highly modified leaves called spines. The reduction in size decreases the number of pores (stoma) through which water can be lost to the air. • The rat-tailed maggot, which lives in water with a low oxygen concentration, has a long breathing tube that extends from its body to just above the water surface. This allows the animal to take oxygen from the air above the water. Atmospheric air contains more oxygen than water. • Kidneys of some desert mammals are modified (long loops of Henlé) to reduce water loss by producing very concentrated urine.
behavioural	A change in the behaviour of an organism to increase its survival chances.	<ul style="list-style-type: none"> • Some ectothermic (cold-blooded) organisms such as lizards orientate themselves to maximise their absorption of heat from the Sun until they reach their active temperature. • A single-celled organism reverses direction if it accidentally moves into unfavourable conditions from more favourable conditions.
physiological	These tend to be changes in the internal biochemical functioning of the organism in response to an altered environmental stimulus.	<ul style="list-style-type: none"> • People who move from sea level to high up a mountain slowly increase their oxygen-carrying capacity by producing more red blood cells. • Formation of hard skin on hands due to repeated pressure.