

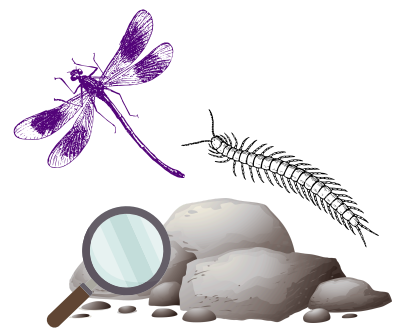
A BIT ABOUT SUBSTRATE

Different freshwater habitats have different bottoms (also known as substrates).

- Slow moving or still water usually has a muddy bottom
- Fast moving water has a rocky, gravelly bottom.

This is because particles of soil or sand in the water are carried away in fast moving water and then will sink when the water moves slowly or is still. Many invertebrates are adapted to a particular substrate, and you will only find them in either fast moving or slow moving water.

Scientists refer to many of these organisms as **benthic**, because they are usually found at the bottom of streams, lakes or ponds living in the gravel or mud. Why do they live at the bottom? Because that is where the best food can be found!



SIGNS OF A HEALTHY STREAM BUG BY BUG

Finding **more pollution intolerant stream bugs** in your collection is a sign of a healthy stream



Finding **more predators** in your collection of stream bugs is a sign of a healthy stream

Finding **more stream bugs that have gills** is a sign of a healthy stream