

## What penguins eat

Penguins eat a lot of food. All their food is from the sea. They eat fish, squid and krill. Krill are like shrimp. Penguins do not chew their food. They eat their food whole.

### *Penguin food*



Penguins can dive very well. They dive into the sea to find food. Emperor Penguins are excellent divers. They dive very deep to catch the bigger fish. They can dive 300 metres and they can stay under the water for 20 minutes.

**Penguins dive for food.**



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