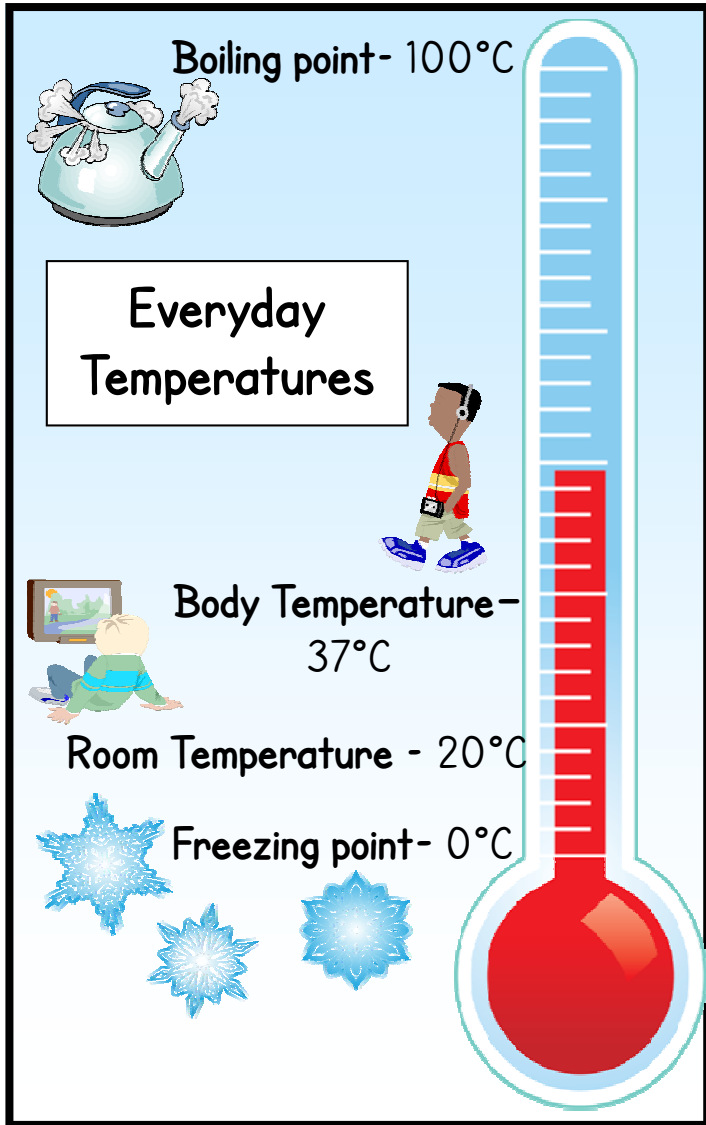


Keeping Warm Fact Sheet



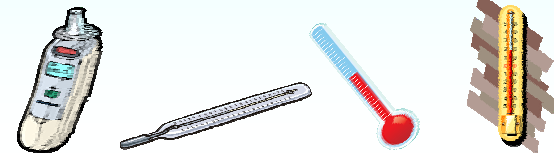
This padded jacket keeps the owner well **insulated** from the cold weather.

The **metal** bottom of this saucepan helps to **conduct** the heat so the contents cook quickly.



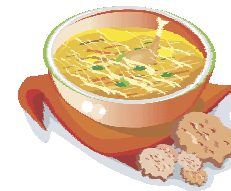
Thermometers are

instruments used to measure **temperature** - how **hot** or **cold** something is. They come in different shapes and sizes



Ovenproof

dishes are able to withstand the heat of an oven.



$^{\circ}\text{C}$

This symbol means **degrees Celsius** or **Centigrade**.

Keeping Warm Glossary

body temperature - about 37 °C	temperature - a measure of heat energy, or how hot or cold something is
boiling point - 100°C	thermal conductor - a material which allows heat to pass easily e.g. metal
Celsius - a scale used to measure temperature written as degrees Celsius e.g. 20°C. Can also be called Centigrade .	thermal insulator - a material which does not allow heat to pass easily e.g. wool
freezing point - zero - 0°C	thermometer - an instrument used to measure temperature
insulate - to cover something to keep it warm or cold for longer	
ovenproof - a material which can stand the heat of an oven and will not crack, melt or change	
room temperature - about 20°C	

