

4C KEEPING WARM

Glossary

body temperature – about 37 °C

boiling point - 100°C

Celsius – a scale used to measure temperature written as degrees Celsius e.g. 20°C

freezing point – zero - 0°C

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

temperature – a measure of heat energy, or how hot or cold something is

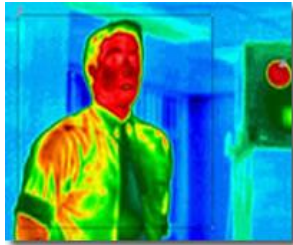
thermal conductor – a material which allows heat to pass easily e.g. metal

thermal insulator – a material which does not allow heat to pass easily e.g. wool

thermometer – an instrument used to measure temperature



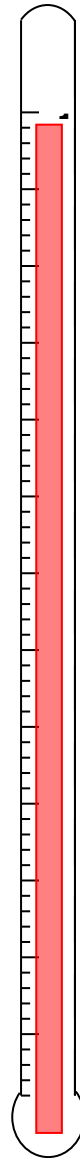
boiling point - 100°C



body temperature – 37 °C

room temperature – 20°C

freezing point – 0°C



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.



The symbol which means **degrees Celsius**.

°C

Ovenproof dishes will withstand the heat of an oven.



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



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