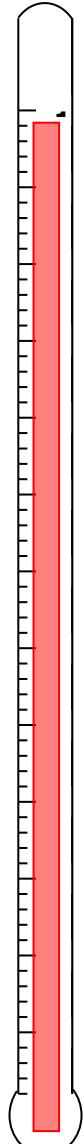
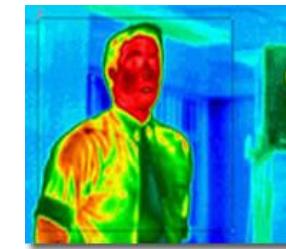
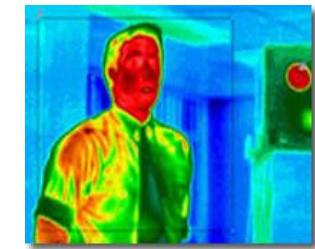
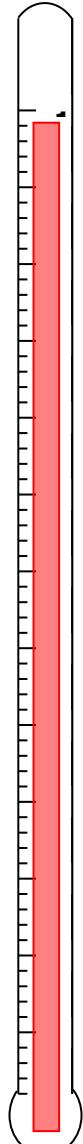
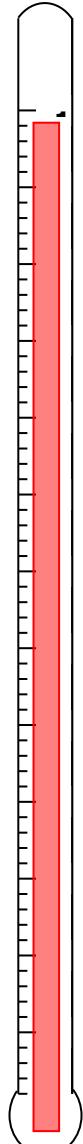
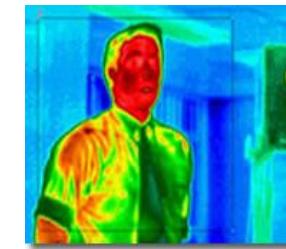
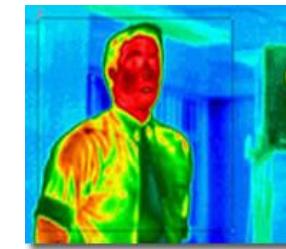
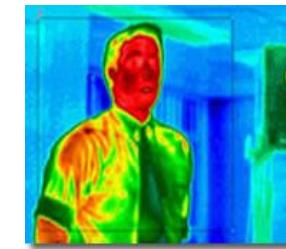
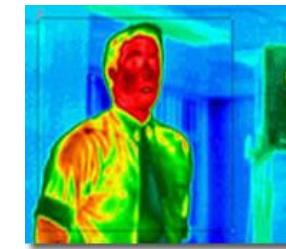
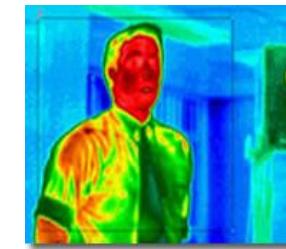


KEEPING WARM

Glossary	 boiling point - 100°C	 This padded jacket keeps the owner well insulated from the cold weather.	 The symbol which means degrees Celsius .	Ovenproof dishes will withstand the heat of an oven. 
body temperature – about 37 °C	 body temperature - 37 °C	 The metal bottom of this saucepan helps to conduct the heat so the contents cook quickly.	 Thermometers are instruments used to measure temperature i.e. how hot or cold something is. They come in different shapes and sizes.	
boiling point - 100°C	 boiling point - 100°C	 The metal bottom of this saucepan helps to conduct the heat so the contents cook quickly.	 Thermometers are instruments used to measure temperature i.e. how hot or cold something is. They come in different shapes and sizes.	
celcius – a scale used to measure temperature written as degrees Celsius e.g. 20°C	 body temperature - 37 °C	 The metal bottom of this saucepan helps to conduct the heat so the contents cook quickly.	 Thermometers are instruments used to measure temperature i.e. how hot or cold something is. They come in different shapes and sizes.	
freezing point – zero - 0°C	 freezing point – 0°C	 The metal bottom of this saucepan helps to conduct the heat so the contents cook quickly.	 Thermometers are instruments used to measure temperature i.e. how hot or cold something is. They come in different shapes and sizes.	
insulate – to cover something to keep it warm or cold for longer	 body temperature - 37 °C	 The metal bottom of this saucepan helps to conduct the heat so the contents cook quickly.	 Thermometers are instruments used to measure temperature i.e. how hot or cold something is. They come in different shapes and sizes.	
ovenproof – a material which can stand the heat of an oven and will not crack, melt or change	 freezing point – 0°C	 The metal bottom of this saucepan helps to conduct the heat so the contents cook quickly.	 Thermometers are instruments used to measure temperature i.e. how hot or cold something is. They come in different shapes and sizes.	
room temperature – about 20°C	 room temperature – 20°C	 The metal bottom of this saucepan helps to conduct the heat so the contents cook quickly.	 Thermometers are instruments used to measure temperature i.e. how hot or cold something is. They come in different shapes and sizes.	
temperature – a measure of heat energy, or how hot or cold something is	 freezing point – 0°C	 The metal bottom of this saucepan helps to conduct the heat so the contents cook quickly.	 Thermometers are instruments used to measure temperature i.e. how hot or cold something is. They come in different shapes and sizes.	
thermal conductor – a material which allows heat to pass easily e.g. metal	 freezing point – 0°C	 The metal bottom of this saucepan helps to conduct the heat so the contents cook quickly.	 Thermometers are instruments used to measure temperature i.e. how hot or cold something is. They come in different shapes and sizes.	
thermal insulator – a material which does not allow heat to pass easily e.g. wool	 freezing point – 0°C	 The metal bottom of this saucepan helps to conduct the heat so the contents cook quickly.	 Thermometers are instruments used to measure temperature i.e. how hot or cold something is. They come in different shapes and sizes.	
thermometer – an instrument used to measure temperature	 freezing point – 0°C	 The metal bottom of this saucepan helps to conduct the heat so the contents cook quickly.	 Thermometers are instruments used to measure temperature i.e. how hot or cold something is. They come in different shapes and sizes.	

KEEPING WARM