**Heat Measurement**

In class today, Mr. Smith did an activity where we measured the temperature of different things.

Thermometer Practice

In this activity, Mr. Smith put us in groups of two or three. Then we went around measuring the temperature of different things. Here are the readings we got:

Room Temperature: 23°C

Tap Water: 21°C

Ice: -1°C

Hot Water (from a coffee maker): 53°C

Body temperature (put the thermometer in the crook of your elbow): 35°C

Things I learned:

* A calorie is the metric unit of heat that equals the amount of heat needed to raise the temperature of one gram of water to 1°Celsius.
* A Calorie is equivalent to 1000 calories, and is sometimes called a kilocalorie. 1C = 1000c.
* A British Thermal Unit (BTU) is the English unit of heat that is equal to the amount of heat needed to raise the temperature of one pound of water to 1°Fahrenheit.
* Our bodies turn eighty percent of the food we eat into heat.
* Cold-blooded animals don’t need to eat as often because their bodies don’t turn most of the food into heat.
* There are no calories in salt or water.
* The hormone that controls blood sugar is called insulin.
* People with Diabetes have a lack of insulin.

