**Cohesion and Conduction**

Today in Science class, we did two discussions and some extra credit work.

Pressure Cooker

In this discussion, we talked about how pressure cookers work. They make the pressure inside the pot higher than normal, so the water boils at a higher temperature. This is useful when canning.

Hypothermia

Hypothermia is when your body temperature gets lower than it is supposed to. When your temperature is 90 °F or lower, you are in a critical condition. You cannot remember anything very well.

High Altitude Instructions

**Adjustment for 3000 feet:**

* Reduce baking powder: for each teaspoon decrease 1/8 teaspoon.
* REduce sugar: for each cup, decrease 0 to 1 tablespoon.
* Increase liquid: for each cup, add 1 to 2 tablespoons.
* Increase oven temperature by 25 degrees Fahrenheit.

**Adjustment for 500 feet:**

* Reduce baking powder: for each teaspoon decrease 1/8 to 1/4 teaspoon.
* Reduce sugar: for each cup, decrease 0 to 2 tablespoons.
* Increase liquid: for each cup, add 2 to 4 tablespoons.
* Increase oven temperature by 25 degrees Fahrenheit.

**Adjustment for 7000+ feet:**

* Reduce baking powder: for each teaspoon, decrease 1/4 teaspoon.
* Reduce sugar: for each cup, decrease 1 to 3 tablespoons.
* Increase liquid: for each cup, add 3 to 4 tablespoons.
* Increase oven temperature by 25 degrees Fahrenheit.

Things I learned:

* Pressure cookers can get things about 25 degrees hotter than usual without boiling.
* Conduction is heat transfer by direct touching.
* Hypothermia is when the core temperature of your body gets too low (90 degrees Fahrenheit).
* Boiling is the rapid change of state from liquid to gas.
* Cohesion is the force that holds like molecules together. It keeps the water molecules in a glass of water instead of spreading around the room like steam.

