

## CurriculumVisions Lesson

Students: fill in next to the word answer and return the document for assessment.

### Science

Book: Keeping warm and cool (4C)

Pages 18-23

Everything here is based on our Curriculum Visions book Book: Keeping warm and cool (4C).

In this segment, we are going to think about how we keep ourselves warm.

You will need to go to pages 18-19 of the book.

How does sweating help to cool us down? How does shivering help to warm us up?

Answer.....

Sweating: As the water evaporates, it carries the heat away with it, cooling us down.

Shivering: shivering forces the muscles to move, producing heat.

Go to pages 20-21. Design a jacket that will keep you warm and comfortable. What materials will you use? Will it have different layers? Can you use unusual materials?

Answers will vary.....

Look for a design that includes different layers, the use of fibres, such as wool fibres, and possibly an outer layer which is tough and waterproof.

Go to pages 22-23. How do reptiles warm up? How do they cool down? How does an elephant cool down?

Answers.....

Reptiles warm up by lying in the sun to soak up radiated heat from the Sun. They cool down by opening their mouths.

Elephants cool down by flapping their ears and spraying themselves with water.

If you are interested in this topic continue to browse the book and watch our amazing videos. They start right on the book cover.