



Name: ..... Form: .....

See pages 18 and 19 of *Keeping warm and cool*

# How our bodies keep warm

**We need to keep at just the right level of warmth. To achieve this, our bodies have ways of controlling how warm we are.**

**Q1.** The diagram shows the skin of a person who is warm. Draw how the skin changes when the person is cold.

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**Q3.** What carries heat around the body?

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**Q4.** What is the natural insulator under our skin?

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**Q5.** How does water in sweat help cool the body?

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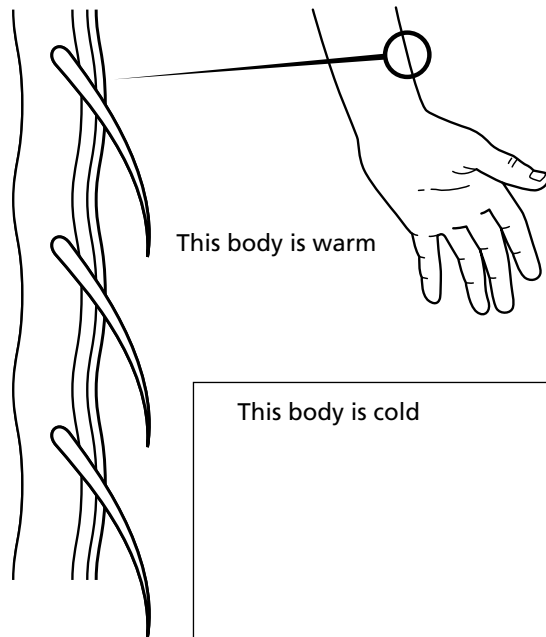
**Q6.** Why do people shiver? Explain your answer.

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This body is cold