

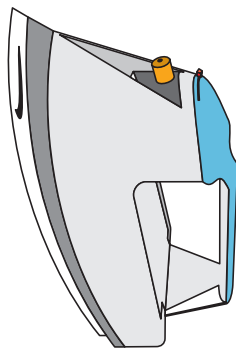
# Heat



Fire



Hairdryer



Iron



Grill

Heat makes change. Heat is energy.



# Heat

## TEACHER

### Heat is Energy

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We use **heat**, called **thermal energy**, every day. We cannot see heat, but we can feel it. Our bodies make heat, and our stoves and lights do too. We heat our houses, our food, and our water.

Sometimes there is too much heat and we move it. Refrigerators take heat away from the food inside. Air conditioners take heat from inside the house and move it outside. Swimming pools take heat from our bodies.

### Discussion Questions

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1. How do the things in the picture (on page 10) make heat?
2. How is heat important to us?
3. What other things make heat?
4. How do jackets help keep us warm? (*They hold in the heat from our bodies.*)
5. How do you keep your house warm in the winter?

### Activities

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1. Have the students rub their hands together quickly to feel the heat produced by friction.
2. Have the students put one hand in the sun and one in the shade and feel the difference as the sunlight hits their skin and turns into heat.