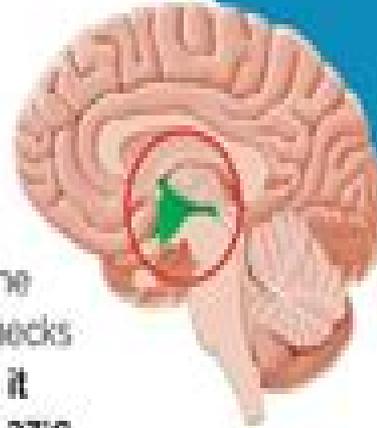


NOT TOO HOT, NOT TOO COLD

The internal body temperature is regulated by a part of our brain called the **hypothalamus**. The hypothalamus checks our current temperature and **compares it with the normal temperature of about 37°C.**



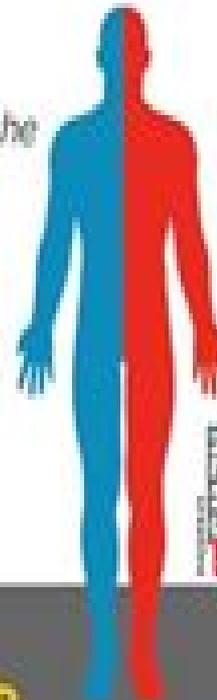
If your body temperature is low

The hypothalamus makes sure that the body generates and maintains heat



If your body temperature is high

Your body gives off heat/initiates sweating to cool the skin



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This **GAINING & LOSING** of heat occurs through a process called **HEAT TRANSFER.**

Why Is It Cold

Jean Piaget



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