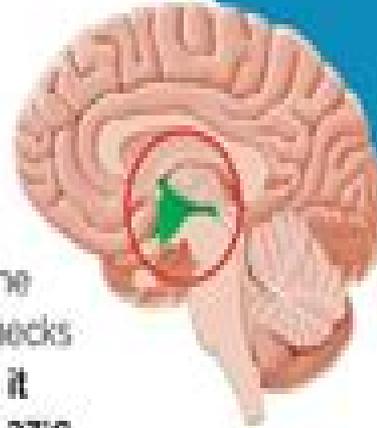


# NOT TOO HOT, NOT TOO COLD

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

**JG Myers**



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