

WARMTH

WHY WE
STAY WARM
TO REFUEL



by Harriet Brundle





[Page intentionally left blank.]

WARMTH



WHY WE
STAY WARM
TO REFUEL

by Harriet Brundle



Minneapolis, Minnesota



Credits:

Cover & Throughout - Rhenzy, notkoo, zsoofija, Kastoluza, Svitlana Bezuhlova, TravnikovStudio, Olya_Beli_Art, 4&5 - Rvector, supot phanna, Tartila, 6&7 - Rawpixel.com, Zhenyakot, Nina Puankova, 8&9 - NotionPic, Rawpixel.com, 10&11 - MANDY GODBEHEAR, Kastoluza, katarina_1, 12&13 - fotogestoeber, Kakigori Studio, Mister_X, 14&15 - ann131313, Suiraton, Brian A Jackson, 16&17 - vystekimages, 18&19 - ann131313, Robert Kneschke, 20&21 - Olesya Kuznetsova, Kenishirotie, 22&23 - graphego, vectoratu, Suiraton, Focus_Vector, curiosity, ITisha.

Images are courtesy of Shutterstock.com. With thanks to Getty Images, Thinkstock Photo, and iStockphoto.

All facts, statistics, web addresses, and URLs in this book were verified as valid and accurate at time of writing. No responsibility for any changes to external websites or references can be accepted by either the author or publisher.

Library of Congress Cataloging-in-Publication Data

Names: Brundle, Harriet, author.

Title: Warmth : why we stay warm to refuel / by Harriet Brundle.

Description: Fusion. | Minneapolis, MN : Bearport Publishing Company, 2021]

I Series: Fuel up! | Includes bibliographical references and index.

Identifiers: LCCN 2020009348 (print) | LCCN 2020009349 (ebook) | ISBN 9781647473457 (library binding) | ISBN 9781647473501 (paperback) | ISBN 9781647473556 (ebook)

Subjects: LCSH: Body temperature—Regulation—Juvenile literature. | Adaptation (Physiology)—Juvenile literature.

Classification: LCC QP135 .B78 2021 (print) | LCC QP135 (ebook) | DDC 612/.01426—dc23

LC record available at <https://lcn.loc.gov/2020009348>

LC ebook record available at <https://lcn.loc.gov/2020009349>

© 2021 Booklife Publishing

This edition is published by arrangement with Booklife Publishing.

North American adaptations © 2021 Bearport Publishing Company. All rights reserved. No part of this publication may be reproduced in whole or in part, stored in any retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the publisher.

For more information, write to Bearport Publishing, 5357 Penn Avenue South, Minneapolis, MN 55419. Printed in the United States of America.



CONTENTS

All About Warmth.....	4
My Body Temperature.....	6
Getting Too Hot.....	8
Getting Too Cold.....	10
Shivering.....	12
Hypothermia.....	14
Staying the Right Temperature.....	16
Our Smart Bodies.....	18
A Healthy Lifestyle.....	20
Fuel Up with Warmth!.....	22
Glossary.....	24
Index.....	24



ALL ABOUT WARMTH

To be healthy, our bodies must stay at the right **temperature**. We can learn how warm we are by using a thermometer.



THERMOMETERS

BEING AT
THE RIGHT
TEMPERATURE
HELPS OUR
BODIES STAY
FUELED UP!

Not everyone's body is the same. Body temperature can be different based on our age, our **sex**, or even the time of day.



MY BODY TEMPERATURE

If your body is over 100.4 degrees Fahrenheit (38 degrees Celcius) or under 95°F (35°C), it might be a problem. If you are too hot or too cold, you should see a doctor.

If you've been exercising or if it's a hot day, your body might be warmer. If it's a cold day, your body might be cooler.

