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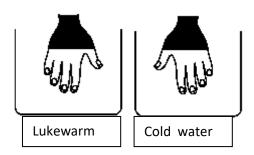
## 14. Heat and Temperature

Temperature of a substance decreases (cools) because of losing heat from that substance while it increases due to gaining heat.

The measurement of warmness or coldness of a substance is known as its temperature.

## **Activity 1**

- Get equal amounts of lukewarm water and cold water into two beakers of same size
- Dip your fingers into the water of the beakers. Record what you feel.



Observations				
1.	How the water is heated?			
2				
2.	Why the water is cooled?			

Nadee Gunathilaka 1