**HOT OR COLD**

**Which do you prefer?**

|  |  |
| --- | --- |
| **HOT** | **COLD** |
|  |  |

**Vocabulary:** freezing, cool, cold, chilly, hot, heat, warm, lukewarm, temperature, sweat, mercury

**Seven low-tech ways to keep cool in a heatwave** By Jon Kelly BBC News Magazine

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Konec formuláře

ExtremelyExtremely hot temperatures in Europe have been welcome for some. But how can people keep comfortable when the mercury rises? There are several simple solutions which might help.

1. Wear wet clothes

"The most logical suggestion to me is that you **dampen** your clothes," says Cambridge University physicist Lisa Jardine-Wright. In order for the water to **evaporate** - changing its state from a liquid to a gas - there needs an input of heat energy, she explains. This energy will come from the heat of your body which produces a cooling effect to your skin, lowering your temperature. "When I was cycling in France it was more than 40C and I **soaked** my T-shirt in water before I went out. But that's a bit extreme," Jardine-Wright adds.

1. Stick your hands in cold water

Putting your hands into a **bucket** or a basin full of cold water will help you cool down, says Mike Tipton, professor of human physiology at the University of Portsmouth. When your deep body temperature rises, blood is sent to the **surface** of the skin. "Your hands have a high surface area – they are like radiators," says Tipton. "As soon as the deep body temperature returns to normal, it slows the blood **flow** to your hands and you'll feel cool."

1. Fans next to windows

A fan placed in the middle of a closed room will circulate the air, which helps speed up the evaporation of your sweat. But it will be much more effective if the device is placed next to an open window, says Jardine-Wright, as this will **draw** air from outdoors, which should be colder. "You're taking the cooler air from the outside and **propelling** it inside," she says. "If there are no windows or doors open you're just circulating the hot air."

1. Eat a curry

Eating a hot curry may seem a **counter-intuitive** way to lower your temperature. But eating spicy food helps cool you down, says Tipton. Curry contains capsaicin, a heat compound in chilli peppers that stimulates sweat production. "Anything you can do to make sure you are sweating means you will increase evaporative heat loss," Tipton adds. "As the water evaporates you will feel cooler."

1. Bedouin robes

It's widely thought that wearing lighter-coloured clothing is the best way to stay cool. This isn't necessarily the truth, however. A [1980 study of Bedouin tribes](http://www.nature.com/nature/journal/v283/n5745/abs/283373a0.html) found the colour of their clothing made little difference to their body temperature. "White clothing will reflect more light, but black clothes are better radiators of heat," says Jardine-Wright. However, what definitely helps is wearing **looser** clothes, like the robes worn by the Bedouin. "If you have air circulating next to your skin, it will help to evaporate the **perspiration**, and this will make you feel cooler."

1. Lukewarm showers

Standing under a freezing shower might sound like the quickest way to bring your temperature down. But your body will react to such dramatic change by trying to **preserve** heat. "If I'm hot and I go under a cold shower, I'll shut down the blood flow to the skin and the heat will stay inside me," says Tipton. As a result, he says, it's better to use water that is in the 20s Celsius than water that is in the 10s. "It's better to have a warmer shower that is cool enough to lower the deep body temperature but is warm enough to let the blood to the surface of the skin."

1. Fan your face

If you use a fan, make sure you direct the flow of air to your face, says Tipton. "It's more effective because the face has so many **receptors** on it," he says. "Even though you're not cooling down your whole body, fanning your face has a **disproportionate** effect on your comfort." However, he **warns**, it's important not to make a common mistake - using a manual fan too energetically, and warming yourself up by doing so.

**Discussion:**

Do you have any tips for cooling down? And what about warming up?

Do you warm up before an exercise?

Do you like using fans and air-conditionings? Do you sometimes use them for heating?

Can you think of any food which is really disgusting hot or cold?

What was the hottest place you have ever been to?

What was the coldest place?

What is your worse memory connected with heat and coldness?

Which are warm and cold colours? Which do you prefer?

When did you last have a cold? What is the best remedy?

Do you often suffer from high temperature? What do you do to reduce it?

What is your opinion on global warming?

What do you do when it is too cold in your flat?

*Idiomatic use:*

*Is your blood hot?*

*Do you know what it means to BLOW HOT AND COLD?*

*Can you explain the following sentence? "What he says is just a lot of hot air – don't take it too seriously."  
Do you know anybody who is cold-hearted?*

*What does “to be like a cat on a hot tin roof” mean?*

Write the opposites of the following words:

1. **tall \_\_\_ occupied**
2. **vacant \_\_\_ wide**
3. **sweet \_\_\_ interesting**
4. **narrow \_\_\_ disgusting**
5. **pretty \_\_\_ ugly**
6. **careful \_\_\_ short**
7. **delicious** **\_\_\_ poor**
8. **dull \_\_\_ sour**
9. **funny \_\_\_ easy**
10. **generous \_\_\_ light**
11. **guilty \_\_\_ serious**
12. **noisy \_\_\_quiet**
13. **dangerous \_\_\_ fast**
14. **heavy \_\_\_ careless**
15. **cheap \_\_\_ empty**
16. **slow \_\_\_ mean**
17. **deep \_\_\_ stupid**
18. **drunk \_\_\_ shallow**
19. **rich \_\_\_ innocent**
20. **difficult \_\_\_ safe**
21. **wet \_\_\_ empty**
22. **thick \_\_\_ weak**
23. **clever \_\_\_ sober**
24. **strong \_\_\_ thin**
25. **full \_\_\_ dry**

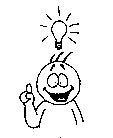
**Hot ‘n Cold by Katy Perry**

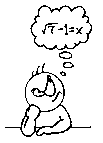
You change your ………………………

Like a ………………… changes ……………………

Yeah you P.M.S

Like a b\*\*\*\*

I would  ……………………

And you over ……………………………………

Always …………………………cryptically

I should know

That you're no ………………………….for me

**(CHORUS)**

**‘cause you're  ………then you're ……………**

**You're  then you're **

**You're  …………….then you're …………**

**You're  ……………then you're ………………**

**You're  ……………………when it's ………………..**

**It's ……………………….. and it's …………..**

**We ……………………………… we break up**

**We ……………………we make up**

**You, you don't really wanna stay no**

**You, but you don't really wanna  …….o**

** ………then you're ……………**

**You're  then you're **

**You're  …………….then you're …………**

**You're  ……………then you're ………………**

We used to be

Just like …………………………………

So in sync

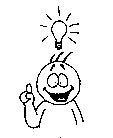
The same …………………………………

Now's a dead …………………………………

Used to l………………………..

About nothing

Now you're plain ……………………………

I should ……………………

That you're not gonna change

# CHORUS

Someone call the …………………………….

Got a case of  ……………………….bi polar

Stuck on a  ……………………………………….

And I can't get off this ride...

You change your ………………………

Like a ………………… changes ……