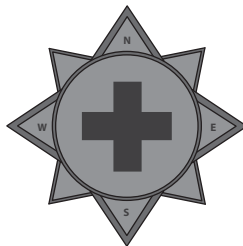


TAKE YOUR OWN TEMPERATURE

Getting sick isn't fun business. But sometimes I don't know if I am getting sick, or if it is something else. Whenever I'm in this situation, my mom tells me to get the thermometer so I can take my temperature.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Take your own temperature on six separate occasions and note your temperature. See if you can determine a difference in temperature at the beginning of the day and the end.

LEVEL D

PERIOD 1

TASK 3

So this is what she taught me:

- First of all, no use taking your temperature if you have eaten or had something to drink in the last ten minutes. That will really throw off the reading.
- It's a good idea to take your temperature when you are at total rest. The ideal would be to take a reading when you first wake up in the morning, but if you've been running around before you take your temperature, the reading may be useless.

- 98.6 is an average normal temperature for the body. The body temperature tends to get higher throughout the day. For some people, their typical normal temperature may be a little lower or a little higher. It's a good idea to ask your parents what your usual readings are.

- Turn the thermometer on (in the case of a digital version) and place under your tongue. Models vary, but it will likely beep when it has done its assessment, usually after forty seconds. Some are quicker and some take longer.

- Let your parents know what your temperature is, especially if it's higher than your usual temperature or even higher, such as 100 degrees or more.

- Clean the thermometer after each use.

