Name _____

Heat Stoppers

Oven Mitts Stop Heat

When there's a hot pan in the oven, a cook doesn't grab it with his bare hands. That's a sure way to get burned. A smart cook puts on an oven mitt.

Oven mitts are made of thick cloth. With an oven mitt on your hand, you can touch a hot pan. You won't be burned. The thick cloth of the oven mitt stops the heat of the pan from traveling into your hand.

An oven mitt is a heat blocker. It keeps your hands cool by keeping heat out.

Winter Mittens Stop Heat

In cold winter weather, people wear mittens. If you are wearing mittens, you can pick up a handful of snow. Your hand won't get cold.

Like oven mitts, mittens are made of thick cloth. Your hands are warm from the heat of your body. The thick cloth of the mittens stops heat from rushing away from your hands and into the snow.

A mitten is a heat blocker. It keeps your hands warm by keeping heat in.

Heat Blockers Keep You Cool or Warm

Oven mitts and winter mittens are the same thing, really. They both stop heat from traveling from one place to another. By doing that, they keep you from getting too hot or too cold.