

3.1 Body Temperature



The skin and the endocrine system are important to regulate body temperature.

Do you know what temperature is? _____ is a measurement of the degree of hotness and coldness of a substance. Body temperature is the measurement of the degree of _____ and _____ of our body. We must ensure that our body temperature is always in the normal range. Understanding body temperature is very important because any change in our body temperature whether it is higher or lower, is a sign that our body has a health problem. Our body temperature ensures our body functions at optimal levels. How do we measure body temperature and what instrument is used to measure body temperature?



Body temperature is measured by using a thermometer. There are four types of thermometers that can be used. Let us look at Figure 3.1 below.

Types of thermometers

