

# Why don't seals freeze?

Seals swim for hours on end in ice-cold seas.  
So how do they stay warm?

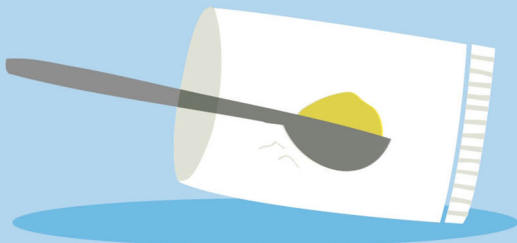


It doesn't feel cold to me...

This experiment will show you why.



- 1 Reuse a bag from some food packaging. Put a spoon of fat, such as soft butter or lard, inside.



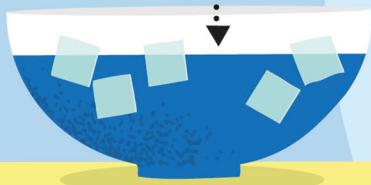
- 2 Fill a bowl with cold water and some ice cubes.



- 3 Slide one of your fingers into another bag. Then dip it into the water for ten seconds.

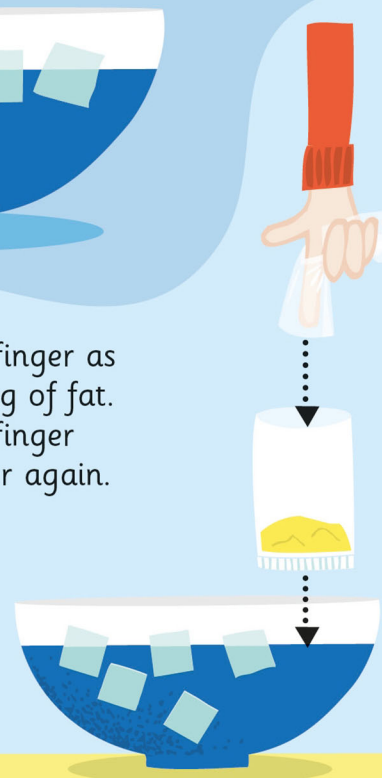


How cold does it feel?



- 4 Keep the bag on your finger as you poke it into the bag of fat. Squish it around your finger before testing the water again.

Does the water feel the same as before?



## Trapping body heat

The bag on its own **CAN'T STOP** heat escaping from your finger, so it soon feels cold. **BUT** heat doesn't travel through fat easily, so it keeps your finger warm.



We have a thick layer of fat called **BLUBBER** under our skin. That's what traps our body heat.