**Temperature Benchmark Cards**

**Master 45**

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|  | **BOILING**  **Boiling water**  **100°C** |  | **HOT**  **Hot drink**  **65°C** |
|  | **COOL**  **Lake water for swimming**  **20°C** |  | **WARM**  **Swimming pool water**  **28°C** |
|  | **COLD**  **Cold lake water**  **10°C** |  | **FREEZING**  **Ice**  **0°C** |
|  | **HOT**  **Summer day**  **25°C** |  | **VERY HOT**  **Heat wave**  **35°C** |
|  | **WARM**  **Spring day**  **20°C** |  | **WARM**  **Room temperature**  **20°C** |
|  | **COOL**  **Fall day**  **10°C** |  | **COLD**  **Cold day**  **0°C** |
|  | **Healthy body temperature**  **37°C** |  | **Fever**  Scissors  **39°C** |