















**Master 45**

# Temperature Benchmark Cards

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