

## **Radiation**

Heat can travel in the form of waves called infrared rays. These waves can travel through a vacuum (empty space) at the speed of light (300,000,000 metres per second) and are able to pass through transparent materials. e.g. glass. dark dull materials are good absorbers of radiated heat. Bright shiny materials are poor absorbers of radiated heat. Dark dull materials are also good at radiating heat, however bright shiny materials are poor at radiating heat. Sweating helps to keep people cool by leaving a thin film of water on the surface of your skin. As the water gains more energy it turns to a gas and evaporates from the surface of your skin. The energy the water uses to evaporate comes from your skin, in the form of heat. When the water evaporates it takes the heat energy with it. it takes heat energy away from your body and so your body cools down. To increase the rate of evaporation you can blow on your hand, which takes away the water molecules from your hand, taking energy with it.