



Act



- After a grueling work out, you drink a liter (1kg) of cold water (0 C). How many Calories does it take for your body to raise the water up to body temperature of 36 C? (Specific Heat of water is 1 calorie/gram C)

1) 36 2) 360 3) 3,600 4) 36,000

1 liter = 1,000 grams of H_2O

$1000 \text{ g} \times 1 \text{ calorie}/(\text{gram degree}) \times (36 \text{ degree}) = 36,000 \text{ calories}$

$36,000 \text{ calories} = 36 \text{ Calories!}$