**Measuring Energy**

Instructions:

1. Carefully record your personal observations using the spaces provided. You will create a table below and fill it in with observational data.
2. Record the mass of the hand warmer and mass of the water below.

initial mass hand warmer: \_\_\_\_\_\_\_\_

initial mass water: \_\_\_\_\_\_\_\_

1. Take the initial temperature of the water and record it.
2. Activate the hand warmer and place it in the water. Begin recording the temperature of the water and the time you took the temperature.
3. Take the mass of the hand warmer when the temperature no longer increases after a period of time and record it.
4. Use the data in your table and create a temperature vs. time graph.

Discussion Questions:

1. What does the graph look like?
2. What happens to the hand warmer?
3. What happens to the water?