

**Main Ideas, Key Points,
Questions:**

After watching the video segment, write down key points, main ideas and big questions.

Objective(s):

- *To design and build a working heat pack and cold pack based on experimental data.*

Notes:

During the video segment, use words, phrases or drawings to take notes.

Summary:

*After watching the video segment, write at least three sentences explaining what you learned.
You can ask yourself: "If I was going to explain this to someone else, what would I say?"*

After watching the video and performing any associated labs and/or experiments, you should be able to answer the following:

1. Draw a picture or use words to describe how you make a heat pack or cold pack using zipper bags.

2. According to your data, which ionic salt would be the best choice for a useful heat pack? Why?

3. According to your data, which ionic salt would be the best choice for a useful cold pack? Why?