Check off each item as you proceed through the steps:

Set up the heat transfer kit.

Thermometer bulbs and the bottoms of the aluminum bar should be near the bottom but not touching the bottom of each Styrofoam container.

Measure 150 mL of cold water and add it to one of the cups.

Measure 150 mL of hot water and add it to the other cup. Your teacher may assist you with this step.

Gently place on the lids on the cups at the same time, being careful not to submerge them.

Have your timers ready. Wait 15 seconds for the thermometer to get a reading. Then record the initial temperature of the water in each cup on the data table.

Continue to record the temperatures for both cups each minute for 15 minutes (or longer if your teacher indicates a different time).