

Heat Management

Specific Heat Capacity –

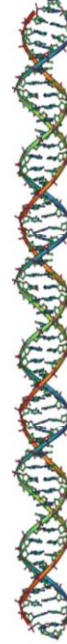
the amount of heat energy required to raise the temperature of 1 gram of a substance 1°C.

For water, 1 calorie per gram °C
“Dietary Calorie” vs. calorie

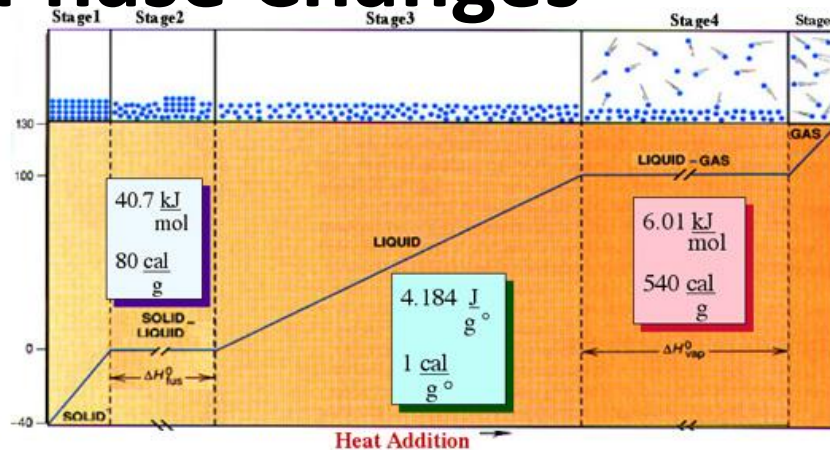
http://www.engineeringtoolbox.com/specific-heat-capacity-food-d_295.html



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Phase Changes



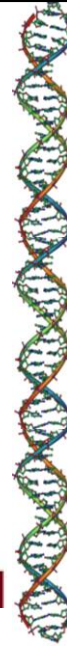
What is the energy needed to take 1g H₂O at 0°C to 100°C ?

80 + 100 + 540 = 720cal

Image: http://faculty.sdmiramar.edu/jgarces/zCourse/All_Year/Ch100_OL/aMy_FileLec/040L_LecNotes_Ch100/02_EnergyStateMatter/203_StMatter/203_StMatterIMF.htm



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Phase Changes

