Staying Warm
By Annette Gulati

Do you know how Arctic seals, walruses, and sea lions can live in icy waters? Try this to find out.

Coat one of your fingers with peanut butter. Dip that finger and one other finger into a bowl of ice water. Feel a difference?

**Explanation:**
The peanut butter contains fat, which acts as an insulator. It keeps your finger warm by holding in the heat. Arctic seals, sea lions, and walruses have a layer of insulating fat, or blubber, under their skin. The blubber holds in body heat and protects these animals from freezing temperatures.