At Home in the Cold
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The Arctic Ocean and the Southern Ocean are at the top and bottom of the world. The water there is very, very cold. But many animals live there.

Penguins, whales, and walruses all call these cold places home. How can they survive?

All of these animals make their own heat. Their bodies turn the food they eat into heat. Your body does the same thing!

But these animals have a problem. Their bodies lose heat all the time. How can they stay warm?

The answer is insulation. These animals’ bodies have a thick layer of fat called blubber. Blubber helps hold in heat. It keeps the animals warm, even in the cold water.

What about animals like snakes, turtles, and fish? Their bodies don’t make their own heat. They need the environment to keep them warm.

Most of these animals don’t live in the Arctic or Antarctic. They can’t stay warm in these cold places. But some fish do live in the cold oceans. How do they survive?

The fish’s bodies are different from the bodies of fish that live in warmer water. Some of the fish have a special substance in their blood. The substance keeps the fish’s blood from freezing. Another fish doesn’t even have blood! Instead, it pumps cold ocean water through its body. The fish that live in these cold oceans aren’t as warm as the other animals, but they are able to survive.

You might not want to live in the cold water of the oceans at the top and bottom of the world. But for the animals that live there, it is just right!

Flesch-Kincaid RL = 3.4
Glossary

blubber – a layer of fat that helps ocean animals stay warm