



Heat in the kitchen

By Rebecca Wraith

All heat sources to cook on in your kitchen

- Gas stove: There are great benefits to cooking on gas.
- Gas on glass cooktop: Cleaning a regular gas hob takes some time because it is not a flat plate.
- Gas underneath glass cooktop: The gas underneath glass hob is even easier to clean.
- Induction cooktop
- Halogen cooktop
- Ceramic cooktop
- Electric cooking top

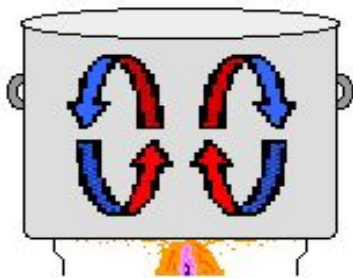
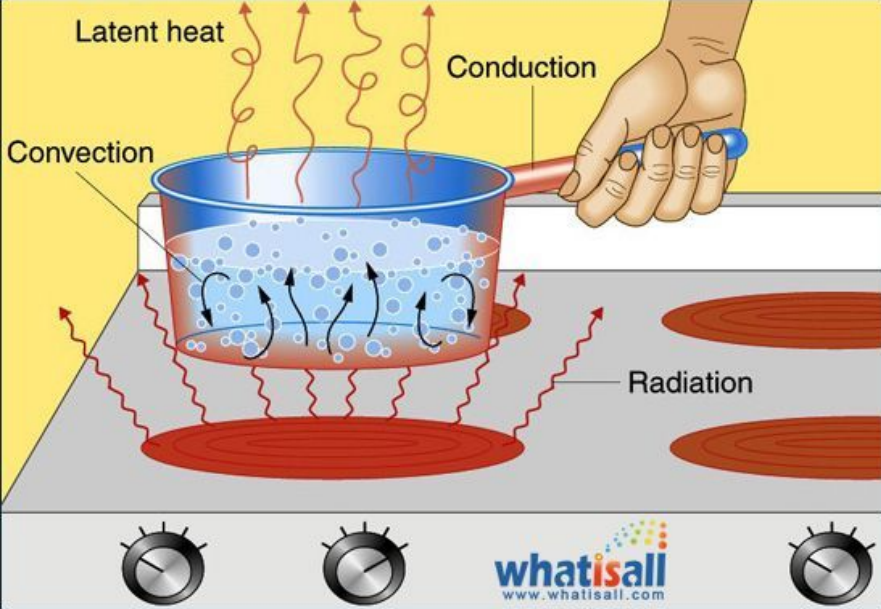
Facts

To reduce the heat used in your kitchen, use an induction stove.

One of the most effective ways of cooling down a hot kitchen is to replace the traditional stove with an induction cooking stove which prevents generating excess heat by directing the energy onto the pan instead of the air in the kitchen. Even though the kitchen heats up considerably when you are cooking, you still need an effective heating system for the cold winter months. Wet systems use a boiler to heat water that is then circulated along piping into radiators or through pipes hidden under the floor. There are three types of heat transfer: conduction, convection and radiation. Convection is a type of heat transfer that can only happen in liquids and gases, because it involves those liquids or gases physically moving. Convection happens when there is a difference in temperature between two parts of a liquid or gas. There are three methods of heat transfer: conduction, convection, and radiation. Cooking of food usually uses a combination of these methods. Conduction transfers the heat using direct contact; food is heated directly in a metal pan, in a liquid, or surrounded by air. The heat from the water is transferred to the egg.

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Worker exposure to hot kitchen environments. Temperatures can reach 105 to 110 degrees while cooking in front of hot grills. Exposure to excessive heat may lead to heat exhaustion, heat stroke, and possible death. Employers have the primary responsibility for protecting the safety and health of their workers. Although there is a legal minimum temperature below which workers are no longer obliged to work - 13°C for strenuous work, 16°C generally - there is no equivalent if it gets too hot. There are 3 types of heat transfer: conduction, and radiation. Convection is the transfer of heat by the actual movement of the warmed matter. Heat leaves the coffee cup as the currents of steam and air rise. Convection is the transfer of heat energy in a gas or liquid by movement of currents. If you want to have a radiator in your kitchen , Install the appliance at least 3 cm away from electrical or gas cookers and at least 30 cm away from combustion heaters or radiators. The appliance must not be installed near heat sources. If this is not possible, suitable insulation must be used.



Heated water rises from the bottom to the top of the pot. Cold water replaces the rising water.

