

Forms of Energy

• What is energy?

◦ ability to do work

◦ can cause motion

◦ can cause changes in matter

• Forms:

◦ **Mechanical** - moving objects

◦ example - swinging a bat, jumping jacks

◦ **Thermal** - produces heat

◦ occurs through movement of molecules

◦ examples - oven, microwave, sun

◦ **Light** - produces light

◦ travels in the visible spectrum (rainbow)

◦ examples - lamps, lasers, sun

◦ **Sound** - produces sound

◦ travels through vibrations

◦ examples - radio, people (talking)

◦ **Electrical** - flows in a circuit to produce light, heat, sound, movement, or a combination of those.

◦ examples - things that plug in

◦ **Chemical** - produced when a chemical reaction takes place

◦ examples - using batteries, digesting food.