ENERGY

The capacity of a body to do work is known as energy.

S. I unit of energy is joule (J)
C. G. S unit of energy is erg

Other units of energy are

Calorie – The amount of heat energy required to raise the temperature of 1g pure water from 14.5 °C to 15.5 °C is known as one calorie.
Kilocalorie - The amount of heat energy required to raise the temperature of 1kg pure water from 14.5 °C to 15.5 °C is known as one kilocalorie.

1 I kilo calorie = 1000 calorie
1 calorie = 4.186 J
1 kilo calorie = 4186 J

**Measurement of Energy.**

Energy contained in a body is measured by the amount of work done by the body. That is energy is equal to the work done by the body.

\[ \text{Energy} = \text{Work done} \]
\[ \text{Energy} = \text{Force} \times \text{displacement} \]

**Types of Energy**

There are two types of energy

1) Potential Energy
2) Kinetic Energy

Potential energy – The energy possessed by a body due to its position and configuration is known as potential energy.

Kinetic energy – The energy possessed by a body due it’s motion and configuration is known as kinetic energy.

**ANSWER THE FOLLOWING QUESTION**

1) Define energy
2) State the units of energy.
3) Define calorie and kilocalorie
4) Define kinetic energy and potential energy