

## **Concept 7.2**

### **Food stores chemical energy.**

#### **Introduction to energy:**

Energy is the ability to perform work

#### **Forms of energy:**

**Kinetic energy** - energy of motion

**Potential energy** - energy that is stored due to an objects position or arrangement.

#### **Units of Energy:**

**Calorie** -the amount of energy required to raise the temperature of 1 gram of water by 1 degree Celsius.

One food calorie = 1,000 calories or a kilocalorie