18 The change in gravitational potential energy ΔE of an object of mass m when moving through height Δh near the surface of the Earth is given by the equation shown.

$$\Delta E = mg\Delta h$$

Which equation is needed as part of the derivation of this expression?

A   kinetic energy = $\frac{1}{2}$ × mass × (speed)^2

B   moment = force × distance

C   weight = mass × acceleration of free fall

D   work done = power × time