30 A nuclear fusion reaction that occurs in stars can be represented as shown.

$$_2^4He + \,_4^8Be \rightarrow \,_6^{12}C$$

The table shows the masses of the nuclei involved in the reaction.

nuclei	mass/u
$_2^4He$	4.002603
$_4^8Be$	8.005305
$_6^{12}C$	12.000000

What is the energy given off when one nucleus of $_2^4He$ reacts with one nucleus of $_4^8Be$?

A $1.14 \times 10^{-4}\,eV$

B $7.38\,eV$

C $0.0246\,MeV$

D $7.38\,MeV$