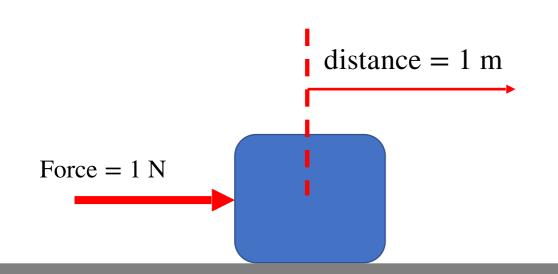


SI unit of energy: Joule (J)



$$1 J = 1 kg \cdot m^{2} \cdot s^{-2}$$

$$1 J = 1 N \cdot m \quad (1 N = 1 kg \cdot m \cdot s^{-2})$$

apply a force of 1N on an object and move it for 1m distance, 1 J = the energy it takes to do this

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do this in one second

# Power: energy consumed/produced per unit time

SI unit of power: Watts (W)

$$1 W = 1 J/s$$

$$1 W = 1 N \cdot m \cdot s^{-1}$$

SI unit of energy: Joule (J)

$$1 J = 1 kg \bullet m^2 \bullet s^{-2}$$

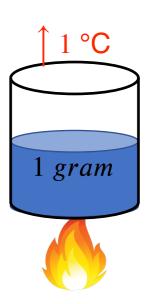
$$1 J = 1 N \cdot m$$

#### Calories:

4.184 J = 1 calorie



heat 1 gram of water and let its temperature increase 1 °C, 1 cal = the heat needed for this.



SI unit of energy: Joule (J)

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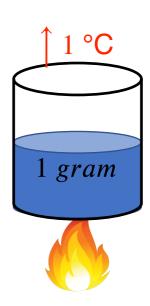
$$1 J = 1 N \cdot m$$

#### Calories:

4.184 J = 1 calorie

1 dietary Calorie = 1000 calorie

heat 1 gram of water and let its temperature increase 1 °C, 1 cal = the heat needed for this.



SI unit of energy: Joule (J)

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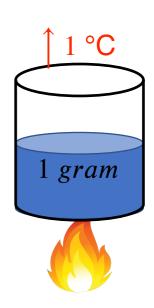
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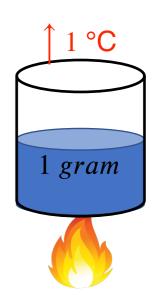
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heat 1 gram of water and let its temperature increase 1 °C, 1 cal = the heat needed for this.



$$2000 \frac{\text{Calories}}{\text{day}}$$

Power
$$1 W = 1 J/s$$

$$\frac{J}{s}$$

SI unit of energy: Joule (J)

$$1 J = 1 kg \bullet m^2 \bullet s^{-2}$$

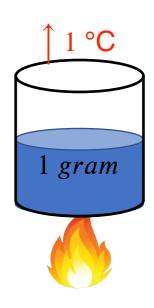
$$1 J = 1 N \cdot m$$

#### Calories:

$$4.184 J = 1 calorie$$

1 dietary Calorie = 1000 calorie

heat 1 gram of water and let its temperature increase 1 °C, 1 cal = the heat needed for this.



$$2000 \frac{\text{Calories}}{\text{day}} \times \frac{1000 \text{ calories}}{1 \text{ Calorie}} \times$$

Power
$$1 W = 1 J/s$$

$$J$$

SI unit of energy: Joule (J)

$$1 J = 1 kg \bullet m^2 \bullet s^{-2}$$

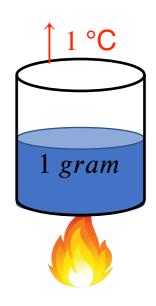
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#### Calories:

$$4.184 J = 1 calorie$$

1 dietary Calorie = 1000 calorie

heat 1 gram of water and let its temperature increase 1 °C, 1 cal = the heat needed for this.



$$2000 \frac{\text{Calories}}{\text{day}} \times \frac{1000 \text{ calories}}{1 \text{ Calorie}} \times \frac{4.184 \text{ J}}{1 \text{ calorie}}$$

Power
$$1 W = 1 J/s$$

$$\frac{J}{s}$$

SI unit of energy: Joule (J)

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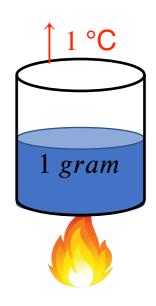
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heat 1 gram of water and let its temperature increase 1 °C, 1 cal = the heat needed for this.



$$2000 \frac{\text{Calories}}{\text{day}} \times \frac{1000 \text{ calories}}{1 \text{ Calorie}} \times \frac{4.184 \text{ J}}{1 \text{ calorie}} \times \frac{1 \text{ day}}{24 \text{ hours}}$$

Power
$$1 W = 1 J/s$$

$$J$$

SI unit of energy: Joule (J)

$$1 J = 1 kg \bullet m^2 \bullet s^{-2}$$

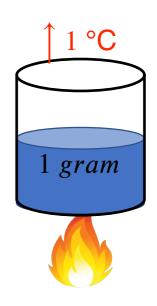
$$1 J = 1 N \cdot m$$

#### Calories:

$$4.184 J = 1 calorie$$

1 dietary Calorie = 1000 calorie

heat 1 gram of water and let its temperature increase 1 °C, 1 cal = the heat needed for this.



$$2000 \frac{\text{Calories}}{\text{day}} \times \frac{1000 \text{ calories}}{1 \text{ Calorie}} \times \frac{4.184 \text{ J}}{1 \text{ calorie}} \times \frac{1 \text{ day}}{24 \text{ hours}} \times \frac{1 \text{ hour}}{3600 \text{ s}} = 97 \frac{1}{3}$$

Power
$$1 W = 1 J/s$$

$$J$$

SI unit of energy: Joule (J)

$$1 J = 1 kg \bullet m^2 \bullet s^{-2}$$

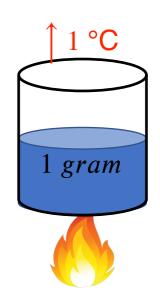
$$1 J = 1 N \cdot m$$

#### Calories:

$$4.184 J = 1 calorie$$

1 dietary Calorie = 1000 calorie

heat 1 gram of water and let its temperature increase 1 °C , 1 cal = the heat needed for this.



Power

1 W = 1 J/s

$$2000 \frac{\text{Calories}}{\text{day}} \times \frac{1000 \text{ calories}}{1 \text{ Calorie}} \times \frac{4.184 \text{ J}}{1 \text{ calorie}} \times \frac{1 \text{ day}}{24 \text{ hours}} \times \frac{1 \text{ hour}}{3600 \text{ s}} = 97 \frac{\text{J}}{\text{s}} = 97 \text{ W}$$