

**Energy is the
ability to move
or change
matter.**

Sep 13 - 2:15 PM

**Forms of
energy:**

Light

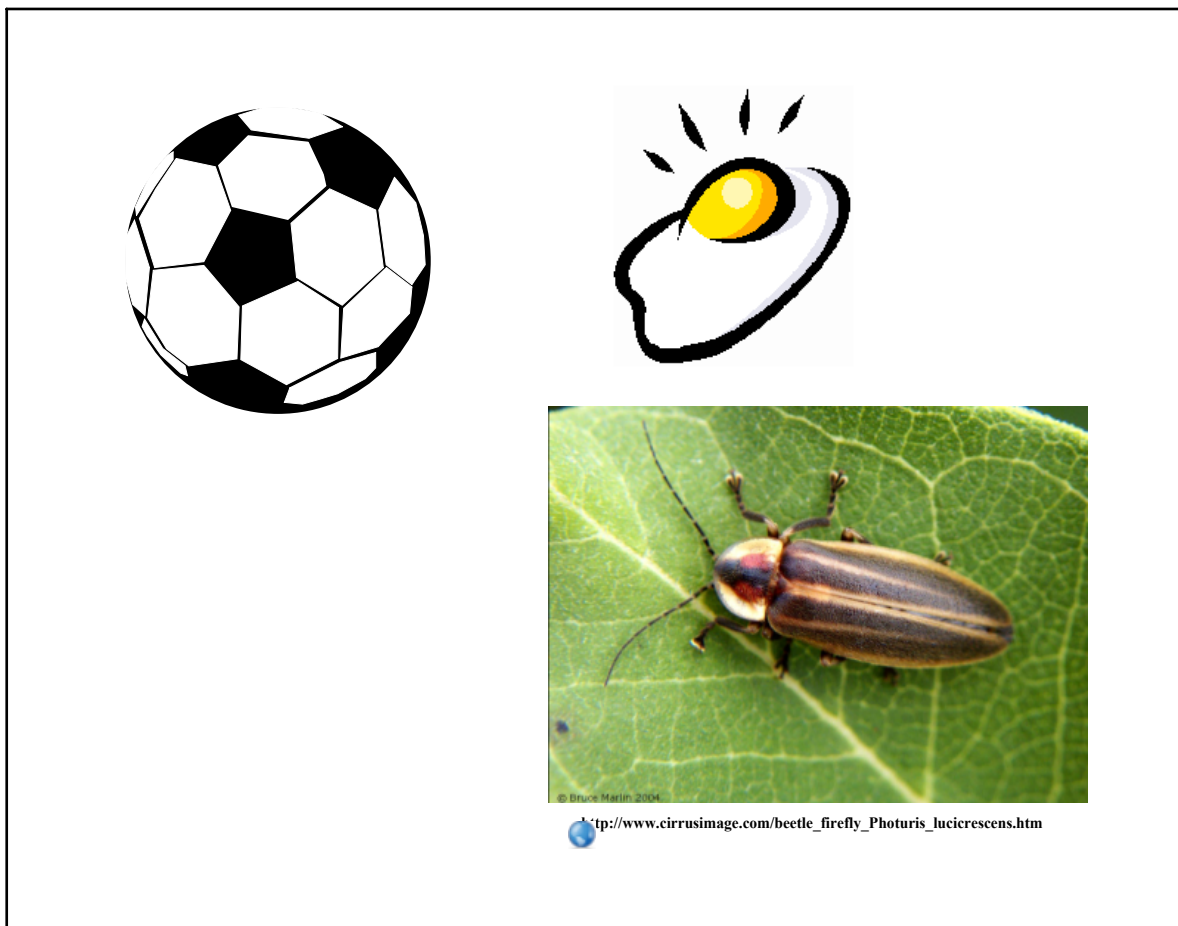
Heat

Chemical

Mechanical

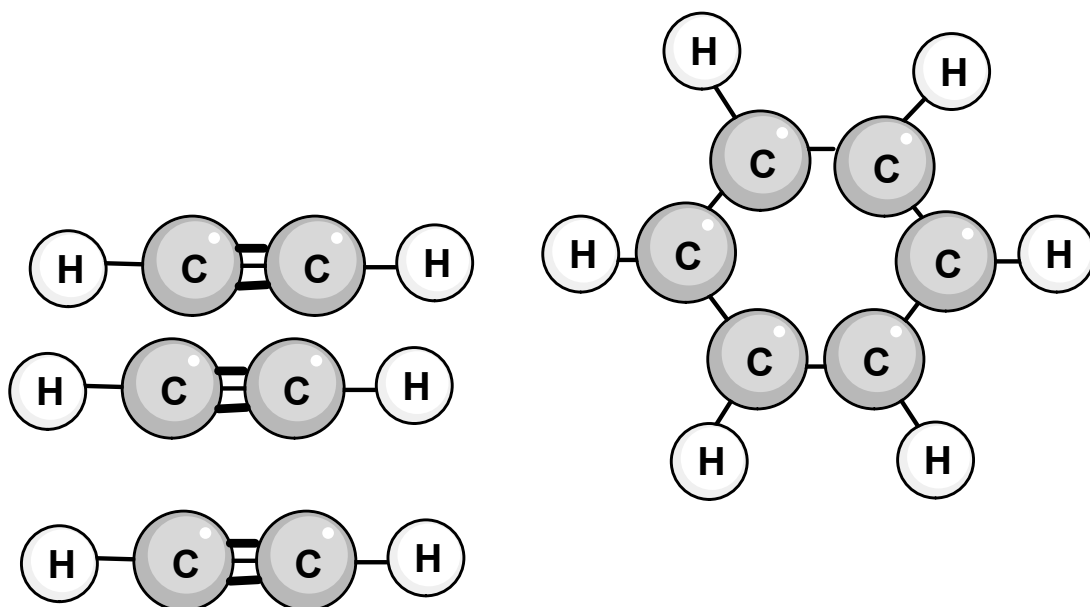
Electrical

Sep 13 - 2:26 PM

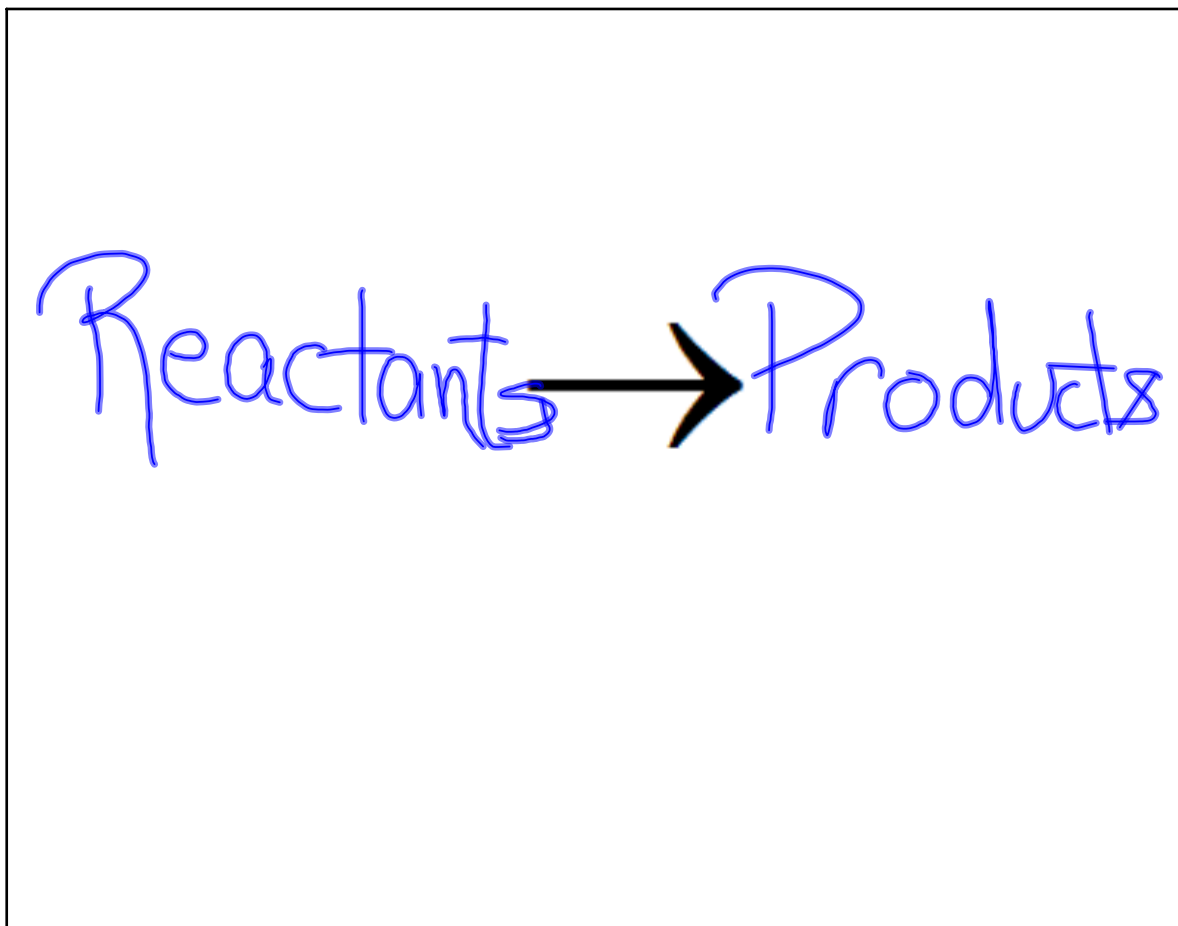


Sep 13 - 2:27 PM

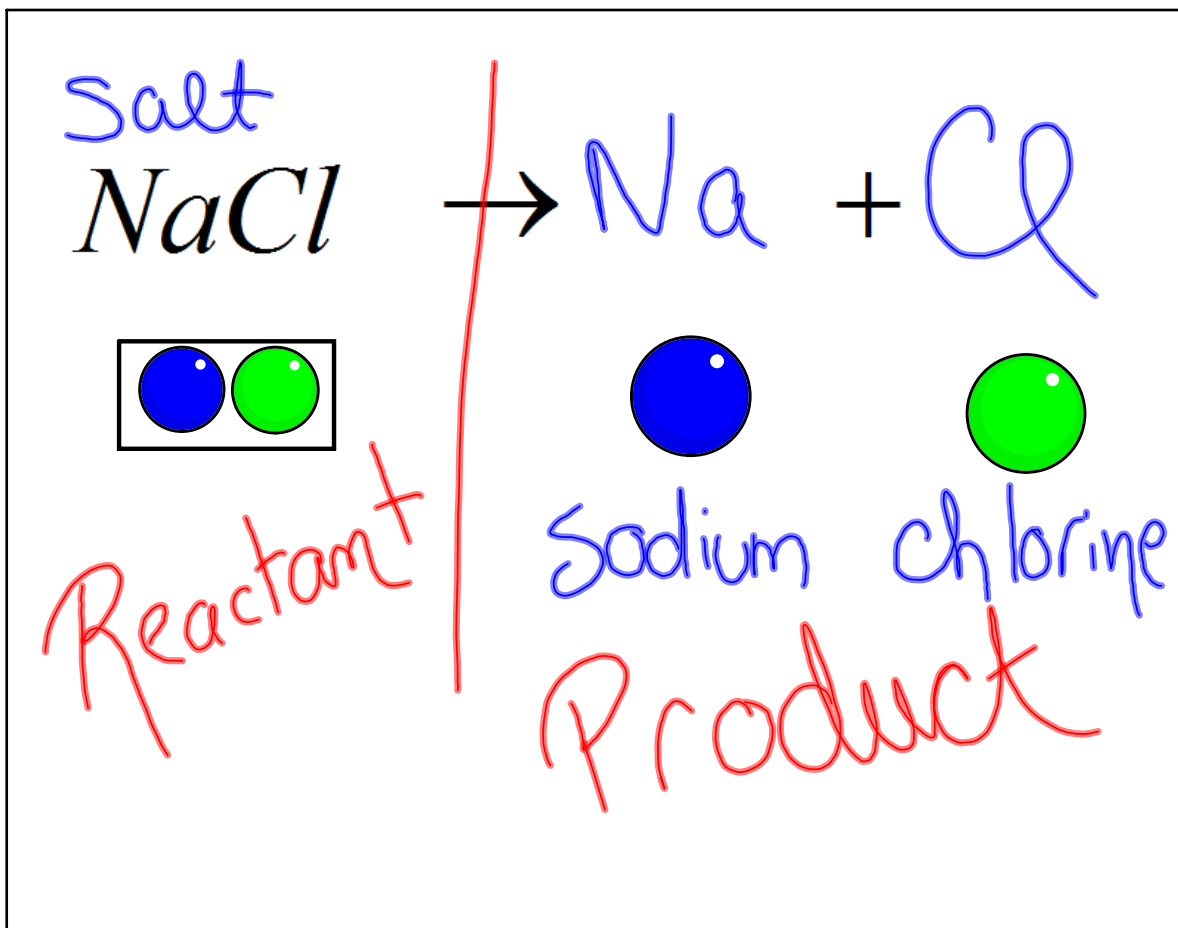
Chemical Reaction



Sep 13 - 2:35 PM



Sep 13 - 2:38 PM



Sep 13 - 2:38 PM

**Chemical reactions
absorb or release energy**

**video 1
video 2**

Sep 13 - 2:41 PM



Sep 13 - 2:39 PM

Metabolism-
all of the
chemical
reactions in an
organism

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Activation Energy-
energy needed to start a
chemical reaction

Examples:

Sep 13 - 2:59 PM

Video

Sep 13 - 3:19 PM

Enzymes- substances that increase the speed of chemical reactions.

Substrate- a substance on which an enzyme acts during a chemical reaction

Active site- pockets on enzymes

Sep 13 - 3:10 PM