## C5: Energy changes

| 1 Conservation of energy | Energy is <b>not created or destroyed</b> , only <b>transferred from one store to another</b>  |
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| 2 Exothermic             | A reaction that transfers energy to the surroundings so the temperature of the surroundings increases, e.g. combustion and neutralisation reactions. Used in self-heating cans and hand warmers. |
| 3 Endothermic            | A reaction that takes in energy from the surroundings so the temperature of the surroundings decreases, e.g. thermal decomposition. Used in sports injury packs.                                 |
| 4 Activation energy      | The energy needed for particles to successfully react.   |
| 5 Breaking bonds         | Energy is needed to break bonds.   |
| 6 Forming bonds          | Energy is released when bonds are formed.  |

