

# Topic: Energy and Insolation

**Aim:** How is energy measured?

1. Kinetic Energy - energy in motion
2. Temperature - the average kinetic energy of the molecules of a substance (how fast the molecules are vibrating in a substance)
3. Absolute Zero - The temperature at which all molecules in a substance stop vibrating (0 Kelvin)
4. Heat - is the form of energy being transferred between 2 samples of matter measured in Joules (or calories)

Temperature Water Boils?

212 °F

100 °C

373 K

Temperature Water Freezes?

32 °F

0 °C

273 K

Room Temperature?

68 °F

20 °C

293 K

