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Author: William Potter Illustrator: Richard Watson Editor: Lydia Halliday Designers: Sarah and Noel Fountain Managing Designer: Rosie Bellwood-Moyler Managing Editor: Joe Harris

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Super Powers

(Energy and Forces)







Pulleys are simple machines that help make lifting easier. They are made up of a cable running over one or more wheels.

The pulley changes the direction of the pulling

Yes, you use less force and over a greater distance, so it feels much easier!

> The more cable and wheels used in a pulley system, the heavier the weight that can be lifted. Cranes use a pulley system called a **block** and **tackle** to help lift heavy loads.





The weight of people on a seesaw creates a **downward force**, which turns the seesaw around its pivot. When the turning forces at each end are equal but in opposite directions, the seesaw is balanced. The turning effect of a force is called the **moment** of the force. The moment is calculated by multiplying the turning force by the distance from the pivot.



The farther a person sits from the pivot, the greater the moment they create, and their end of the seesaw will move downward. If they move closer to the pivot, they produce less of a turning force, and their end rises.



Nutcrackers are not to be used as hammers. Nutcrackers are a **force multiplier**. They convert a weak force over a long distance into a strong force Fulcrum over a short distance. A light squeeze on the handles becomes a **A NUTCRACKER** hard squeeze around the nut. They work as a pair of **levers**, or rigid bars, that move around a fixed point called a **fulcrum**. The nut fits between the levers. When the levers are squeezed together, Effort they press on the nut, causing its Load shell to crack open. Other kinds of levers include pliers, wrenches, and bottle openers. Oops! 13



/ / Chemical This is ener

This is energy stored in the bonds between atoms and released through chemical reactions. Chemical energy is held in batteries, fuel, and food.





Kinetic

Kinetic energy is stored in a moving object. This depends on the object's speed and mass. The faster an object moves or the greater its mass, the more kinetic energy.

Gravitational

This is the energy of an object above the Earth's surface. The amount of an object's potential energy depends on its position.



Elastic

This is the potential energy held in an elastic object, such as a spring, when it is compressed or stretched. The energy is released when the elastic object springs back to its original shape.

Acoustic

Thermal

Heat energy is produced

by vibrating atoms in

Sound energy is made when an object, such as a guitar string, vibrates.

Radiant

All objects give off radiant energy, carried by electromagnetic waves such as light, radio waves, or X-rays.



Magnetic

This is the energy stored in the magnetic field surrounding two magnets that attract or repel each other.



Electrical

Electrical energy is the movement of electrons, which can pass through a wire as electricity, or hit the ground as lightning.

a substance. The faster they vibrate, the hotter the substance becomes.

Nuclear

Stored in atoms, nuclear energy is released when the atoms are fused together or split apart through nuclear fusion or fission.







A spring is an elastic object that returns to its original shape when stretched, compressed, or bent.

Stretching or compressing a spring gives it elastic potential energy that will pull it back to its original position.

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The stretch of a spring is proportional to the stretching force applied to it. This is **Hooke's Law**. If a weight stretches a spring by one length, twice the weight will stretch it by twice the length.

Springs are useful for measuring forces. A **force meter** has a spring inside. When it is used to pull an object, the spring is stretched, pulling a marker along a scale to give a measure in **Newtons** (N), the units for measuring forces.



Springs are used in many things, such as scales, mattresses, and mountain bike suspensions.





Density is how much mass is contained in an object. Steel is denser than wood. Wood is denser than air.

Density = Mass/Volume For an object to float in water, its average density needs to be less than that of water. While a metal coin may be denser and sink, a metal ship is full of air so its average density is less than water.





A boat floats because of a force called **upthrust**. This upward force is equal to the weight of the water that the boat displaces. If the weight of the boat is less than the upthrust, it will float.









Length x Width x Height = Volume

But for a complex shape, you can use the water displacement method.

A submerged object displaces a volume of liquid that matches its own volume.





So, if you drop an orange into a pitcher of water and measure the difference in water level, that's the volume of the orange.



All solids can be stretched If an object springs back or compressed to some to its original shape after the force is removed, degree by using force. The change of shape this is called **elastic**)) deformation. is called **deformation**. If the object stays stretched or compressed, this is called **plastic** deformation.

An elastic band shrinks back after stretching, so this is **elastic deformation**.



Brittle materials, such as glass and ceramics, break very quickly if stretched or compressed.



Elastic materials have an elastic limit from which they will not spring back. If a spring is stretched to this limit, it will no longer act as a spring.

The disks between human backbones or vertebra act like a spring and are compressed by gravity. After a night's sleep, you might gain a tiny amount in

l'm an elastic avinea pig!

> height as the disks between your vertebrae stretch out, but once you're up they become compressed

again, and you shrink.

