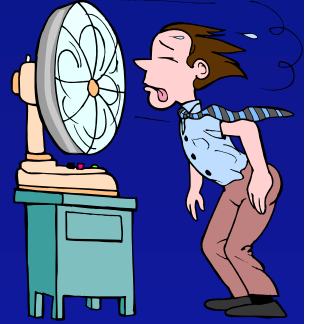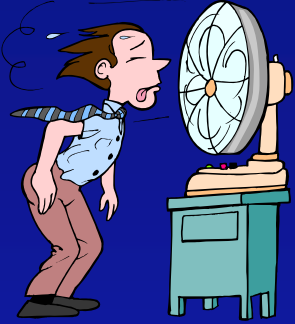# Heat

- Definition: <u>Flow</u> of energy between two objects due to difference in temperature
  - Note: similar to WORK
  - Object does not "have" heat (it has energy)

- Units: calorie
  - Amount of heat needed to raise 1g of water 1℃
  - 1 <u>C</u>alorie = 1000 <u>c</u>alories = 4186 Joules