**Reactions & Enthalpy**

**Enthalpy ( H): is the amount of heat that is either given off or taken in when a chemical reaction occurs.**

**Equation:**

**H = Hproducts - Hreactants**

**Exothermic reactions result in a negative enthalpy because the amount of energy the reactants use is larger than the energy of the products.**

**Example: Wood burning has more energy than the ash.**

**Endothermic reactions result in a positive enthalpy because the amount of energy of the products is greater than the energy of the reactants.**

**Example: instant cold pack.**

**Activation energy: is the amount of energy required for a reaction to take place.**