**Endothermic vs. Exothermic Changes**

**Endothermic**—more energy is absorbed by the system than is released

**Exothermic**—more energy is released by the system than is absorbed

Changes can be physical or chemical.

**Physical Changes**—nothing new is made

* trauma e.g.
* dissolving = dissolution
* phase change = change of state

**S L G**

**Exothermic Chemical Reactions (to be memorized!)**

* combustion
* fermentation (sugars to alcohol)
* digestion
* composting
* A dissolving in water
* B dissolving in water
* AB neutralizatioon