George is pushing the below box at a constant speed along a level surface. He applies a force of 400 N to the box.


State the value of the total frictional force acting on the box. You may assume that the force of air resistance is negligible.

Frictional force $=$ $\qquad$ N


Calculate the amount of work George does against friction when he pushes the box through a distance of 50 cm .

Work done = $\qquad$ J

## [3 marks]

As George pushes the box, the amount of chemical energy stored in his body decreases. Into which object (or objects), and into which type of energy store, is this energy transferred?
$\qquad$
$\qquad$


When taking a well-deserved break, George lifts a bottle of water which is sitting on the ground through a height of 1.5 m so that he can have a drink. In doing so, he does 7.35 J of work against gravity. Calculate the mass of the bottle. Take the value of g to be $9.8 \mathrm{~N} / \mathrm{kg}$.

Mass of bottle = $\qquad$ kg

A lorry is travelling at a steady speed down a hill, as shown in the below diagram.


The total resistive force (from both friction and air resistance) acting on the lorry is 20 kN , and its mass is $10,000 \mathrm{~kg}$.


Show that the lorry does 400 kJ of work against the resistive forces which are acting on it on this section of hill.


Calculate the weight of the lorry. Take $\mathrm{g}=9.8 \mathrm{~N} / \mathrm{kg}$.

Weight of lorry = $\qquad$ N


Calculate the amount of work done on the lorry by gravity. Write your answer in kilojoules.

Work done on lorry by gravity $=$ $\qquad$ kJ

## [2 marks]



Hence calculate the amount of energy which is transferred to the internal energy store of the brakes as the lorry travels down this section of hill.

Energy transferred to brakes = $\qquad$ kJ

