

Egg placed in boiling water



	$\Delta U_{\text{internal}}$	Q (heat absorbed BY the system)	W (work done BY the system)
1	> 0	0	< 0
2	< 0	0	> 0
3	0	> 0	> 0
4	> 0	> 0	0
5	< 0	> 0	> 0
6	0	< 0	> 0
7	> 0	< 0	< 0
8	< 0	< 0	0
9	0	0	0

Man stands still holding a weight
at arm's length.



	$\Delta U_{\text{internal}}$	Q (heat absorbed BY the system)	W (work done BY the system)
1	> 0	0	< 0
2	< 0	0	> 0
3	0	> 0	> 0
4	> 0	> 0	0
5	< 0	> 0	> 0
6	0	< 0	> 0
7	> 0	< 0	< 0
8	< 0	< 0	0
9	0	0	0