Planck's formula

\[ E = h\nu \]

\( h \) is Planck's constant, and \( \nu \) is the frequency of the light or radiation.

\[ \text{Energy} = \text{Planck's constant} \times \text{frequency} \]

Graph showing the relationship between energy and frequency for different types of electromagnetic radiation.

- Visible light
- Ultraviolet light
- Infrared radiation
- Microwaves
- Radio waves

Each type of radiation has a different energy level, with visible light having the highest energy and radio waves having the lowest.