Nuclear energy producing elements are Uranium ,Thoriam,Plutonium

Uranium is important nuclear fuel

It exist in three different form U $^{\rm 234}\,$ U $^{\rm 235}$ and U $^{\rm 238}\,$

U 235 is called primary fuel - Naturally available in uranium ore 0.7 %

Most unstable and suitable for chain reaction process sustain like anything.

U 233 and PU 239 are known as Secondary fuel. These are produced artificially from Th 232 and U 238

Radioactive element emits two one is alpha α particle and neutron. Some other also emitted but they are very merger very small sized.

Alpha particle is ⁴He nucleus. Atomic nucleus has + proton and neutral Neutron . So nucleus in overall carries positive charge. Therefore another particle with positive charge is (added) launched and be there due to attraction force of magnetism .

Positive particle and positive nucleus will repel each other. The alpha particle positive because it has two proton and two neutrons. Its positive proton gives positive charge and repelled away from another positive nucleus. As neutron is electrically neutral it stay and not gets repelled.

The massive nucleus U 235 breaks apart (fissions) there will be a net yield of energy. Some of masses of the fragments less than that of parent U 235 . For element higher than iron, fusion will yield energy.

Slow neutron or thermal neutron absorption is implemented in U 235 fission reactors for triggering. Other fissionable isotopes induced to fission by slow neutrons are Plutonium Pu 239 , Uranium U 233 and Thorium Th 232