

## ENERGY NEEDS

### What is Energy?

**Energy** is the ability to do work.

Energy is what allows living things and objects to do things.

For example:

**Energy** is what makes cars move.



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Energy causes your lights to light up a dark room.



Energy also makes our bodies GROW and develop.

***Let's check what we have learned so far:  
What is energy?***

## What Are the Different Kinds of Energy?

### Heat Energy

Rub your hands together – do your hands feel warm? If they do, that is an example of heat energy!



Heat energy  
melt.



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### Energy of Motion

This type of energy is found in an object or person that is moving. When you rub your hands together, your hands have energy of motion too! The water going over a waterfall has energy of motion since it is moving over the falls.

### Light Energy

Light can be from a light bulb or from the Sun. The Sun is the Earth's MAIN, MAJOR, MOST IMPORTANT ENERGY source!

Light energy can change things too. For example, if you were to put a piece of construction paper in the window, the color would soon fade.

## Sound Energy

Sound energy is energy you can HEAR – like a radio playing or someone beating a drum.



## Electricity

Electrical energy  
and lights.

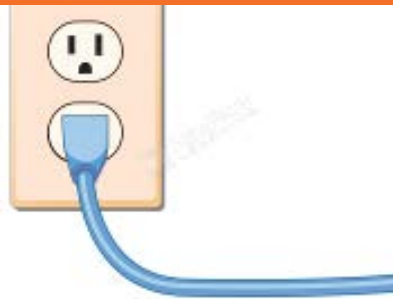
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***Let's check what we have learned so far:  
What is one example of sound energy?***

## How Do Living Things Use Energy?

Heat and light energy are both used to keep us warm, to cook our food, and to provide light so we can see at night.

Plants need energy to grow and to make their own food. Plants get their energy from the Sun. Without the heat and light energy of the Sun, a plant would not grow and would not be able to make its own food so it would die.

We need energy for every activity we do during the day! We need energy to walk, run, jump, think, and raise our hand in class!



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## How Do Living Things Get the Energy They Need?

As we said, **plants** get their energy from the Sun.

**Animals**, including humans, get their energy by EATING! They get energy by eating plants, other animals, or both!

**People** also burn fuels such as wood, oil, coal, or natural gas to get heat energy and to create electricity that help cook their food and warm and light their houses.

*Let's check what we have learned so far:  
How do carnivores get the energy they need to live?*

## What Are Some Sources of Energy?

**The Sun:** the main source of Earth's heat and light energy



**A candle:**

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**A stove:** heat energy



**Food:** the energy source for animals and humans

