

What is Energy?

READ ALOUD PASSAGE

Energy is what makes things go, move, change, or happen. Without energy, nothing would ever move or change. There are different forms of energy, but they all share one thing in common: they can make something happen.

Heat energy can make things go. When you cook food on a stove, heat energy is what changes the food. Electrical energy can make things go too. It powers lights, fans, and computers. Light energy travels from the sun and helps plants grow. Movement energy, also called kinetic energy, is the energy that moving things have.

One of the most important rules in science is that energy cannot be created and it cannot be destroyed. Energy can only change from one form into another. When you turn on a lamp, electrical energy changes into light energy and heat energy. When you ride a bike, the energy stored in your food changes into the energy of movement.

Everything that happens around us, from a ball rolling to a fire burning, involves energy changing from one form to another.

Activity 1

Because / But / So Complete each sentence three different ways.

Energy cannot be created or destroyed because

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Energy cannot be created or destroyed but

.....

Energy cannot be created or destroyed so

.....

Activity 2

Circle True or False for each statement.

1. **True / False** Energy makes things move, change, and happen.
2. **True / False** Energy can be created if you have enough heat.
3. **True / False** Electrical, heat, light, and movement are all forms of energy.
4. **True / False** When a lamp turns on, electrical energy changes into light and heat energy.

Activity 3

Combine the short sentences below into one smooth sentence.

1.
 - Energy comes in many forms.
 - These forms include heat, light, and movement.

Combined sentence:

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2.
 - A lamp uses electricity.
 - The electricity changes into light.
 - It also changes into heat energy.

Combined sentence:

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