

# BUILDING BLOCKS OF SCIENCE!



## Energy Activity Sheet

1. True or False: Energy makes things move and do work.
2. Where does energy come from?

3. Name different types of energy.

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4. What is potential energy?

5. True or False: Energy can be created and destroyed.

6. Explain how the body changes food into energy.

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7. How is electric energy created?

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8. True or False: Once fossil fuels run out, they can be replaced.

9. Give examples of renewable energy sources.

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10. What are the side effects of energy use?

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11. How can we help reduce our impact on the environment?

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12. What are biofuels?

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**ANSWERS:**

1. True
2. Almost all of the energy on Earth comes from the sun.
3. Heat energy, light energy, sound energy, kinetic energy, electric energy, chemical energy.
4. Energy that has been stored for later use.
5. False.
6. Your body changes the chemical energy in food into the kinetic energy that you use whenever you move.
7. Electric energy is created by changing other forms of energy into electric energy. That is burning fossil fuels because they have a lot of energy.
8. False.
9. Sun, wind, water, heat from the Earth's core.
10. Pollution and climate change.
11. Be energy efficient and use energy wisely. For example, turn off the lights if not in the room, reusing and recycling items, ride bikes, walk or take public transport rather than taking a car.
12. Biofuels are fuels made from plants and other natural matter. They can be burned in place of fossil fuels.