








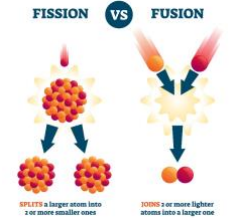
# Energy

## What is energy?

Energy is the ability to do work. Energy is how things changes and move. We need energy for everything we do, such as cooking, walking, jumping.

## Forms of energy

There are many different forms of energy:

	<p><b>Kinetic</b> energy – anything that moves uses kinetic energy. When you are running, cycling, climbing you are using kinetic energy.</p>
	<p><b>Chemical</b> energy – this energy is stored within bonds between molecules. Energy is released when a chemical reaction occurs. The food you eat release chemical energy.</p>
	<p><b>Electrical</b> energy – this is energy created by tiny particles called electrons. Lightning is an example of electrical energy.</p>
	<p><b>Heat</b> energy – the energy created from moving molecules, also known as thermal energy. The energy that comes from a fire is heat energy.</p>
	<p><b>Light</b> energy – the Earth gets a lot of its energy from the Sun, which is an amazing source of light energy.</p>
	<p><b>Sound</b> energy – produced when an object is made to vibrate producing a sound. Your voice and musical instruments use sound energy.</p>
	<p><b>Gravitational</b> energy – the force that keeps us on the ground. Large objects such as the Earth and the Sun create gravity and gravitational energy. Gravitational energy is the reason after throwing a ball up in the sky, it comes down.</p>
	<p><b>Nuclear</b> energy – atoms are made up of electrons, protons, and neutrons. Nuclear energy is released when atoms are joined together (fusion) or split apart (fission).</p>