

## Teacher Guide Energy in Action

**Energy** is the ability to cause changes in matter or to make things happen. You use many forms of energy every day to make your life more comfortable and safer. Some common forms of energy include electrical, heat, light, sound, and solar energy. The chart below describes different forms of energy.

<b>Recognizing Different Forms of Energy</b>			
	<b>Description</b>	<b>Sources</b>	<b>Uses</b>
<b>Electrical</b>	Caused by charged particles	Batteries, electrical outlets, solar panels, lightning	Provides energy for tools and appliances
<b>Heat</b>	The movement of particles in matter	Hot objects, the sun	Cook food, weld metal, warm buildings
<b>Light</b>	Energy that travels in waves that you can see	Light bulbs, televisions, flashlights, lasers, the Sun	Helps people to see, lasers used in surgery and industry
<b>Sound</b>	Caused by the vibrations of objects	Televisions, radios, guitars, musical instruments	Relaxation, communication
<b>Solar</b>	Energy from the sun	The sun	Provides light and heat for the Earth, powers solar cells for electricity

### Answer Key

- 1 C
- 2 A
- 3 B
- 4 D
- 5 D
- 6 B
- 7 B
- 8 D
- 9 C
- 10 A
- 11 B
- 12 B
- 13 C
- 14 D
- 15 C
- 16 D