

Energy Sources

Energy is needed for our bodies, homes and cars.

Food gives us energy. Farmers grow vegetables, fruit and crops like wheat, which can be made into bread. Once they are



ready to be picked, power is needed to pick, clean and pack these foods.

Farmers also keep animals to be farmed and fish to be caught. Power is needed to keep all of these things alive.

Other energy sources

The Sun and the movement of wind and water all give us power or energy. Gas, coal and oil are also used to give us energy.

Electrical energy is generated (made) by burning gas, coal and oil or by using the power of the Sun, wind or water. Electricity is carried through cables held up by pylons around the country. It is then carried by cables above or underground into our homes, to power things like lights and our electrical items through power points and plug sockets.

Gas comes into our homes from big underground gas cables that carry it from the supplier to us.

Petrol, which powers vehicles, comes from oil. This oil has to be drilled from the ground, refined and delivered to petrol stations, before it can be put into cars.