

## Energy

**Energy is a form of power. Everything needs energy to work. We need a lot of energy in our everyday lives.**

Many things in our homes need power to work. Electricity is an important power or energy source. Electricity comes into your home through power points or plug sockets.

### **Some electrical items in a home...**

**televisions**

**heaters**

**radios**

**fridges**

**kettles**

**cookers**

**washing machines**

**music/DVD players**

Gas and batteries also bring power to things. Gas cookers and heaters, watches and clocks are powered by these energy sources.

### **How do you get your power or energy?**

**You don't have an electrical lead or gas pipe, do you?**

You get your power from eating food. The food you eat turns into energy which helps you to grow, keep warm and move about. Food is the body's 'fuel'.

You probably know the word 'fuel' when talking about petrol or oil. Cars, for example, need petrol (fuel) to move. Without fuel, a car will not move.