



Pupils' Worksheet B1

Introduction to Energy

Name: _____

Class: _____

What Is Energy?

Energy is the power from something such as electricity or gas, which can do work, such as providing light and heat.

Nowadays we tend to use electricity as the main form of energy. It has changed our lives completely, can you imagine a world without electricity? Every day we use more and more energy, sometimes without even thinking about it.

1. List ten ways that you use energy (electricity & gas).
2. Using this list to help you, try to think of ways that you could use less energy every day.
3. Could any of these ideas be done in school? Put a tick next to all the ones that could be.
4. How you would let the other pupils know that you are trying to save energy? Try to think of lots of different ways.