

## ALL ABOUT HEAT AND ENERGY

### What is Energy?

**Energy** is the ability to do work.

Energy is what makes trucks move.

Energy is what makes cookies bake in the oven.

Energy is what keeps ice frozen in the freezer.

Energy causes our TV to turn on.

An illustration showing a row of diverse children standing on a green patch of grass. Above them are four thought bubbles containing various educational icons: a cube, a microscope, a protractor, a globe, a chemistry flask, a globe, a pencil, an atom, a pie chart, a bar graph, a calculator, and a plus-minus sign. The word 'PREVIEW' is written in large, bold, blue and orange letters below the children. Below the preview text, it says 'Please Sign In or Sign Up to download the printable version of this worksheet'.

Energy also makes our bodies GROW and develop.

### How Do Living Things GET Energy?

Plants get their energy from the Sun.

Without this energy a plant would not grow and would not be able to make its own food so it would die.



Animals get their energy by EATING! Animals get energy by eating plants, other animals, or both! Animals need energy to grow and to move around.

## How Do Living Things Use Energy?

Head  
→ K  
→ C  
→ G



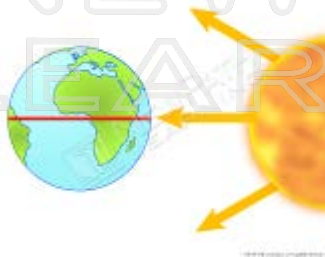
**PREVIEW**

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***We need energy for every activity!  
We need energy to walk, run, and jump!***

## Heat is energy.

The Sun is the main source of Earth's HEAT and light energy.



## How is Heat Produced?

Heat can be produced in several ways.

**One example:**

**Fire** gives off heat.

You can feel heat when you are near a fireplace or a campfire.

Fire creates A LOT OF HEAT and is HOT to touch. So NEVER touch fire!



And  
Rub  
When  
you



### PREVIEW

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You just produced heat!

**Heat energy cooks our food and warms our houses.**



## How Does Heat Move?

Heat can move from one object to another.

**Conduction** is when heat moves from one object to another object.

Some objects conduct heat very well.

Some objects that conduct heat are tin foil and metal wires.



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