



# Energy

The wind is energy, but what is energy? Energy is many things. Energy is the power to change things. Energy is the ability to do work.

Energy is light.

Energy is sound.

Energy is heat.

Energy makes things move and grow.

Energy runs machines.

Anytime you see light, hear sound, feel warmth or cold, anytime you move and grow, anytime you use a machine, energy is involved!



**Light**



**Sound**



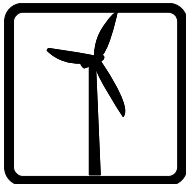
**Heat**



**Movement**



**Runs Machines**



# The Conservation of Energy

All of the energy we use is already in our world. When we use energy it does not disappear, it simply changes into another form of energy. This is called the Law of Conservation of Energy.



Food provides your body with energy. When you eat, that energy does not disappear, it changes. Your body changes the energy in your food to motion, heat, sound, and growth.