

Name _____

Date _____

Matter vs. Energy

Everything in the universe is either matter or energy. What is the difference?

Sort the words below into either **MATTER** or **ENERGY**.

Tree

Light

Apple

Music

Water

Air

Wind

Rock

Motion

Electricity

Paper

Heat

Matter

Energy

Fill in the blanks below with either the word **matter** or **energy**

_____ is something that takes up space or has volume. It also has weight.

_____ is anything that causes a change in matter. It can be a change in location, shape or state of matter.