

## Activity 5 – Information sheet

### Types of energy

- Electrical
- Light
- Heat
- Mechanical

### Some energy you might not have thought of

- Sound – the louder something is the more energy it has
- Chemical – eg from the food we eat or in batteries
- Motion – (like in a turbine)

Questions to help you understand each type of energy:

- How do we use each one?
- How do we waste it?

Here are some facts about wasted energy to get you started.

- Heat energy is lost when we use a traditional light bulb – in fact, only 10% is used as light energy and 90% is wasted in heat energy!
- Heat energy is lost through the roof, walls and windows of our homes – insulation and double-glazing can reduce how much escapes.
- We can also reduce the amount of heat energy we use by turning down the heating and putting on a jumper instead!

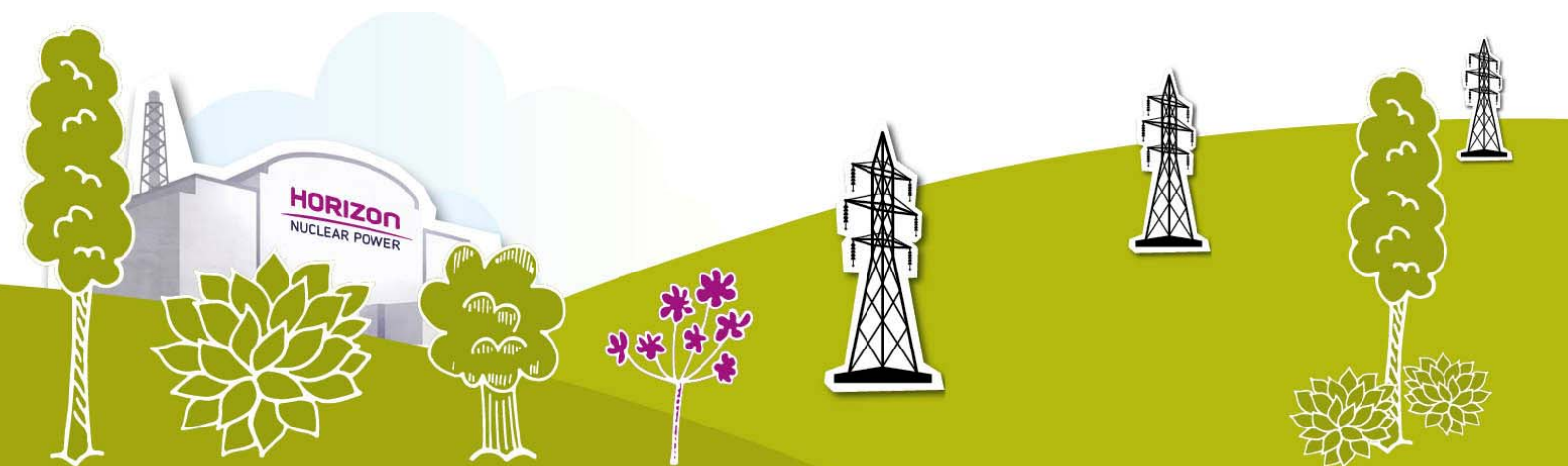
Can you find out any more?

Now think about ways we could save energy. What tips can you think of? Here are some to get you started – how might you be able to follow these at home and at school?

These website might help you to find even more facts and tips.

<https://www.uswitch.com/energy-saving/guides/free-energy-saving-tips/>

<http://bpes.bp.com/primary-resources/science/ages-7-to-9/electricity/saving-energy-resources/>



## Energy-saving tips

- Watching TV – Switching electrical appliances off at the wall instead of leaving them on standby saves energy
- Water – turning the tap off when brushing teeth, having showers instead of baths
- Cooking – using the oven uses lots of energy. We can use it wisely by cooking more than one thing at once
- Washing – hanging up laundry rather than tumble-drying it
- Transport – taking the bus or even better, walking or biking to school!
- Lighting – using modern energy-saving light bulbs that only lose 25% in heat energy.

