

Energy in Everyday Life

Energy is the ability to do work (*move things, change things, heat them*). Energy is invisible. We use energy for everything we do, from making a jump shot to baking cookies to sending astronauts into space.

Mechanical	Light	Sound	<u>Thermal/Heat</u>
Energy caused by the position or motion of matter Picture	Energy from the sun that is visible to humans Picture	Energy made by vibrations. Picture	Energy from the sun related to heat and the temperature of matter Picture