

# Exciting Energy!

## What is energy?

**Energy** is the ability to cause change. Energy takes many different forms and has many different effects. For example, you use energy provided by the food you eat to do different activities. If you are exercising, sitting, or even thinking, then you are using energy. All forms of energy have one thing in common—they can cause changes to occur.

Just about everything that you see happening around you involves energy. In the photo of the amusement park below, there are many examples of energy uses. The lights on the Ferris wheel use energy. The rides use energy as they move. The speakers use energy as they broadcast music.

### Think Outside the Book

**5 Discuss** You have probably used the word *energy* before. With a partner or as a class, discuss how the scientific definition of energy relates to the daily use of the word.

The lights on the Ferris wheel use energy.

The rides use energy as they move.

### Visualize It!

**6 Identify** List four examples of energy being used in this photo.

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