

3 Energy



Learning Objectives

After completing this lesson, students will be able to:

- ❖ know about different forms of energy.
- ❖ explain the energy changes in daily life.
- ❖ understand the law of conservation of energy.
- ❖ list out the uses of energy.



Introduction

Mala was standing in the row for her morning school assembly. Suddenly she fainted and fell down. Her class teacher rushed to her, took her to the class room and gave her water to drink. She came to know that Mala had skipped her breakfast. She was given some food and then she came back to normal. What do you understand from this?

We need energy to do our daily activities. We get this energy from the food. In science, energy is defined as capacity to do work. Let us study about different forms of energy and their uses in this lesson.



I. Different forms of Energy

We do many works in our daily life. Many of them are done physically. Some works are done with the help of instruments and devices. But, they need energy to work. There are different forms of energy like mechanical energy, heat energy, light energy, wind energy and so on. Let us study about them one by one.