

Energy

Cars need energy to move. They get their energy from gas. Phones need energy to work. They get their energy from batteries.

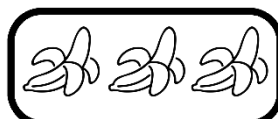


Our bodies also need energy. We need energy so we can move. We need energy so we can grow.

Where do we get our energy from? We get our energy from food! Food gives us the energy we need to walk. Food gives even use energy we need to talk! Everything we do uses energy.

People who use a lot of energy need more food than people who only use a little energy.

Can you think of any people who might need a lot of energy?



Task A

1. Why it is important to eat enough food?

2. Why do some people need more food than other people?

3. Where do phones get their energy?

4. List something else that needs energy to work. Where does it get energy?

5. What people do you think might need a lot of energy?

6. What people do you think might need only a little energy?

Task B

Unjumble the words. Draw.

tah	npi	ont
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Group words from the text by their letter count.

<u>2 Letters</u>	<u>3 Letters</u>	<u>4 Letters</u>

Task C

Draw the food you eat to give you energy!