



EARLY
STAGE 1

Activity Sheet 7

ENERGY

Energy Sources Learning Guide

What is Energy?

Every day, you and your families use energy in day-to-day activities. Every time you turn on a light, heat the water for a shower or use your electronic device you use energy. When you travel in a car, bus, train or plane it uses energy. Australia is one of the most energy hungry nations in the world – we use lots of energy! So where does all of this energy come from? How is it generated and is it safe for the environment?

There are two main types of energy sources; non-renewable energy and renewable energy. Non-renewable energy sources come in many different forms including; oil, natural gas and coal. They cannot be replaced at a sustainable rate as it can take billions of years for them to form naturally. In Australia, three quarters of domestic electricity is sourced from non-renewable energy sources.

Renewable energy sources such as wind, solar and water are able to be used again and again without depletion. In Australia, wind and solar energy are becoming more popular with many wind and solar farms being established to create a sustainable source of energy. Water energy (or Hydro energy) is commonly used in areas with high levels of rain fall.



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Activity One

In the box, draw one energy source that you might use daily.

Activity Two

In the box, draw some items that require energy, that your family or school might use daily.