

What Is Energy



Science defines energy as the ability to do work. Energy is all around us and it comes in different forms: Heat, Light, Mechanical, Electrical, chemical and Nuclear energy.

Energy Resources:

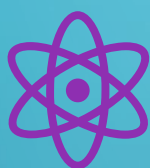
there are different sources of energy that we use on a daily basis, many storing energy in different ways. Energy resources can usually be divided into 2 different group's: Renewable and Non-Renewable



Green-Schools

Renewable Energy:

Energy sources that can be replaced in a short timeframe. Most common renewable energy sources; Wind, Solar, Wave, Hydropower (water), Geothermal and Biomass.



Non-renewable Energy:

Most Non-renewable energy comes from Fossil fuels that take a very, very long time to form. Most common non-renewable energy sources; Coal, Oil, Peat and Gas.

Fossil fuels are burnt to create energy and process releases harmful gases into our atmosphere.



Energy Saving Tips for home, Switching off:



- **Heating:** Turn the heating off when you leave the house or if you go away. Remember, your radiators will continue to heat your home for some time after the heating has been turned off.
- **Appliances:** Switch off all your appliances at night and when you are not home. You should turn off your computer whenever you are not going to use it for more than an hour.
- **Devices on standby:** up to 16% of the electricity used in home is used by power appliances when they are in this standby mode.
- **Lighting:** Turn off lights when you are leaving a room or when you do not need them.
- **Cooking:** When your food is nearly cooked, turn off the rings/oven and use the built-up heat to finish cooking your food.

**Why not do a standby search in your house?
Turn off and save Energy
Click [here](#) to open Link**

