

What Is Energy?

Note-taking Guide – Answer Key

*faster, volume, work, heat, effects, light, change, sound,
greater, energy, forms, move*

Energy is the ability to do work, to make matter move, or to cause matter to change. Energy is present in all matter and it is what makes the particles in matter move, although you can't see it.

Unlike matter that has both mass and volume, energy has no mass and no volume. We can see the effects of energy, but not energy itself.

If Ziggy hit harder, the ball of wool would move faster. The more energy we use, the greater the force. With greater force, more work can be done.

Energy can exist in different forms such as heat energy, light energy, and sound energy.

Heat energy is what makes water boil and light energy helps us to see. We can hear all the sounds around us because of sound energy.