25SCHOOLS

FREE LEARNING NOTES FOR ZAMBIA

GRADE 1 · TERM 2

Science

Energy

Lesson notes for learners · Competence-Based Curriculum

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We use energy every day. We use it when we run, when we cook and when we switch on a light. In this note you will find out what energy is, where it comes from and how we use it.

AFTER THESE NOTES YOU SHOULD BE ABLE TO

- Say what energy is
- Name some sources of energy
- Say how we use each source
- Draw or make a model of a source of energy

KEY WORDS

Energy	What makes things move, work or change.
Source	A place energy comes from.
Sun	A source of light energy.
Wind	Moving air. It is a source of energy.

1 What is energy

Think about a day when you have not eaten for a long time. How do you feel. You feel weak and tired. After a meal you feel stronger. Food gives your body energy.

Many things need energy to work. A torch needs a battery. A stove needs gas, paraffin or firewood. A light needs power to stay on. When the energy is finished, the thing stops working.

Energy is what makes things move, work or change. Light from the sun is energy. Heat from a fire is energy. A child who is running uses movement energy.

Thing	What it needs
Child	Food
Torch	Battery
Stove	Gas, paraffin or firewood
Light	Power

Figure 1. Things that need energy

2 Sources of energy

A source of energy is where energy comes from. Food, the sun, wind, water and firewood are sources of energy. Fossil fuels are also a source of energy.

Look at pictures of these sources in class. Work in a group. Say which source each picture shows. Then tell the class how we get energy from it.

You can also draw a source of energy. You can make a model of one. Choose the one you like best. Tell your friends what we use it for and why.

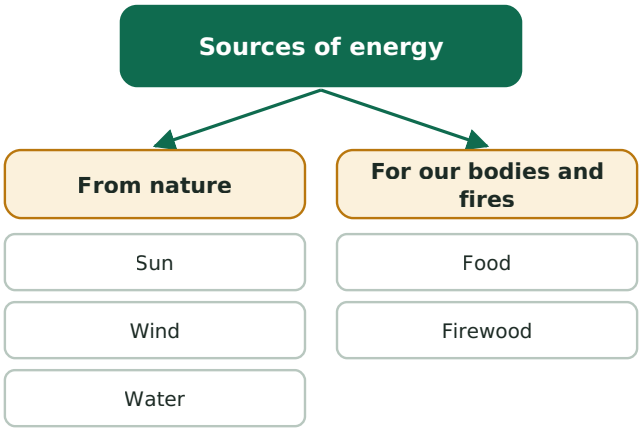

Figure 2. Some sources of energy

3 Using energy with care

If there is no electricity or gas, many people cook with firewood or charcoal. Cutting many trees and burning them can harm our environment. It can also add to climate change. Ask your teacher how we can use energy with care.

Match each source of energy with the way we use it. Food helps our body to work. Firewood helps us to cook. The sun gives us light.

TRY THIS

Look around your home. Find three things that need energy to work. Say what energy each one uses. Draw one source of energy and tell your friends what we use it for.

REMEMBER

- Energy makes things move, work or change
- Food, the sun, wind, water and firewood are sources of energy
- Different sources help us in different ways
- We must use energy with care

? Check yourself

1. What is energy.
2. Name one source of energy.
3. What gives your body energy.
4. What does a torch need to work.
5. A boy has not eaten all day. He feels weak when he plays. (a) What does his body need. (b) Is food a source of energy. (c) Name another source of energy.
6. A family has no gas or electricity. The mother wants to cook. (a) What can she use to cook. (b) Why must we be careful when we burn many trees. (c) Name a source of light energy.

ANSWERS

1. What makes things move, work or change.
2. Any of: food, the sun, wind, water, firewood.
3. Food.
4. A battery.
5. (a) Food, for energy. (b) Yes. (c) The sun, wind, water or firewood.
6. (a) Firewood or charcoal. (b) It can harm the environment and add to climate change. (c) The sun.

Written by 25Schools to follow the Grade 1 Science syllabus of the Zambian competence-based curriculum. Free for learners to read, download and share. More notes and quizzes at 25schools.com.