

## Energy



Energy is the ability to do work that is to move or change something. Sun is the greatest source of energy on Earth. The energy from the sun is called solar energy. Plants use this light energy to make food for the entire living world. So the energy we get from food also comes from the Sun.

The ability to do work is called energy. There are two types of energy Natural and Manmade energy. We eat food and other nutritious substance. Some natural source of energy is sunlight, water, wind, plants and animals.

