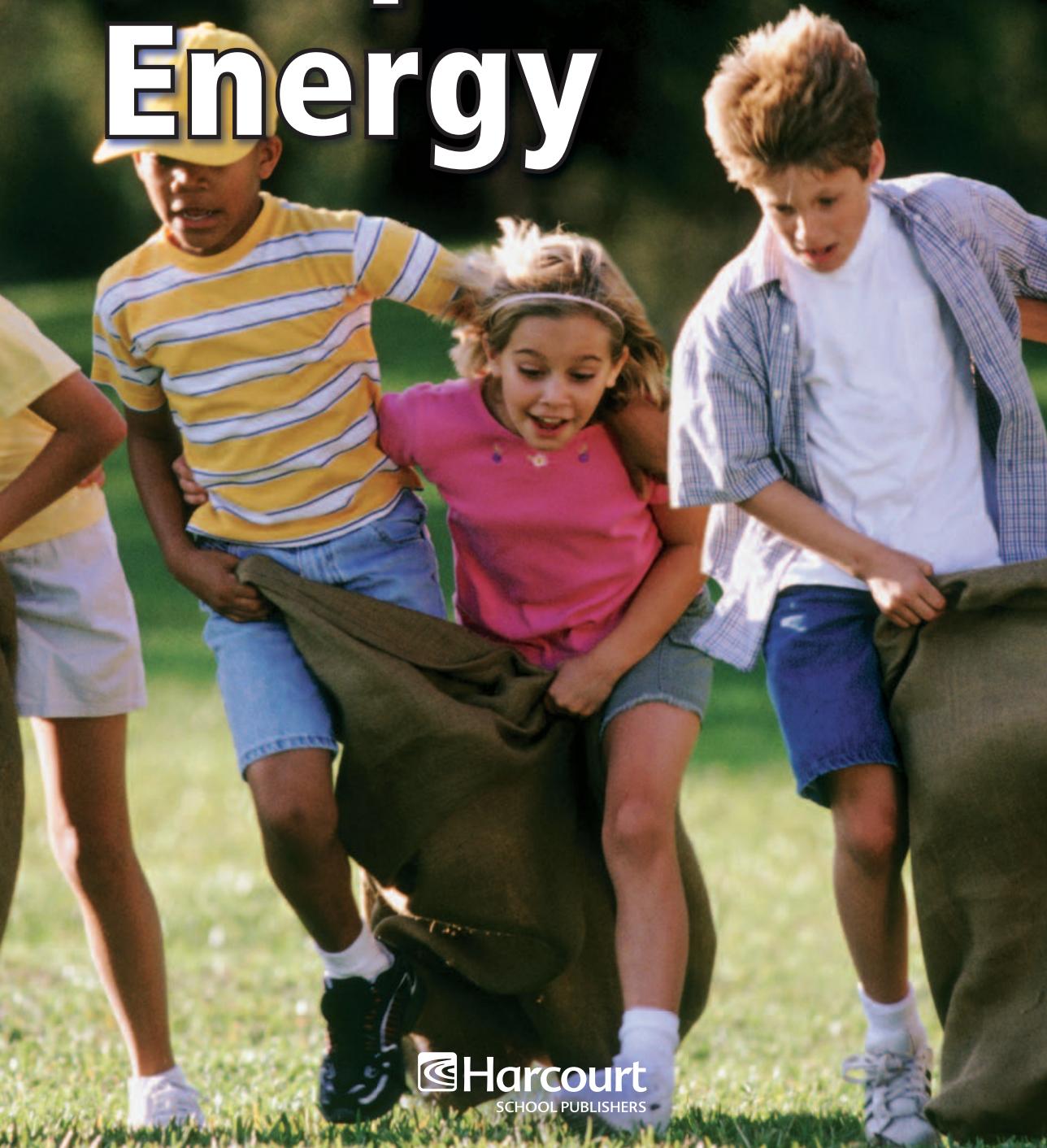


# \*People and Energy



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Printed in the United States of America

ISBN 0-15-343780-4

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# Energy

- All living things need energy to live.

most energy comes from the sun →

- Most energy comes from the sun.
- The sun gives off light and heat.



# Energy for Plants and Animals



- ▶ Plants use the sun's light to grow.
- ▶ Animals eat the plants.



- The food gives animals energy.



# Energy for People



- ▶ People also get energy from food.



- ▶ People need energy to think.
- ▶ They need energy to move.



- Energy from food helps you stay well.

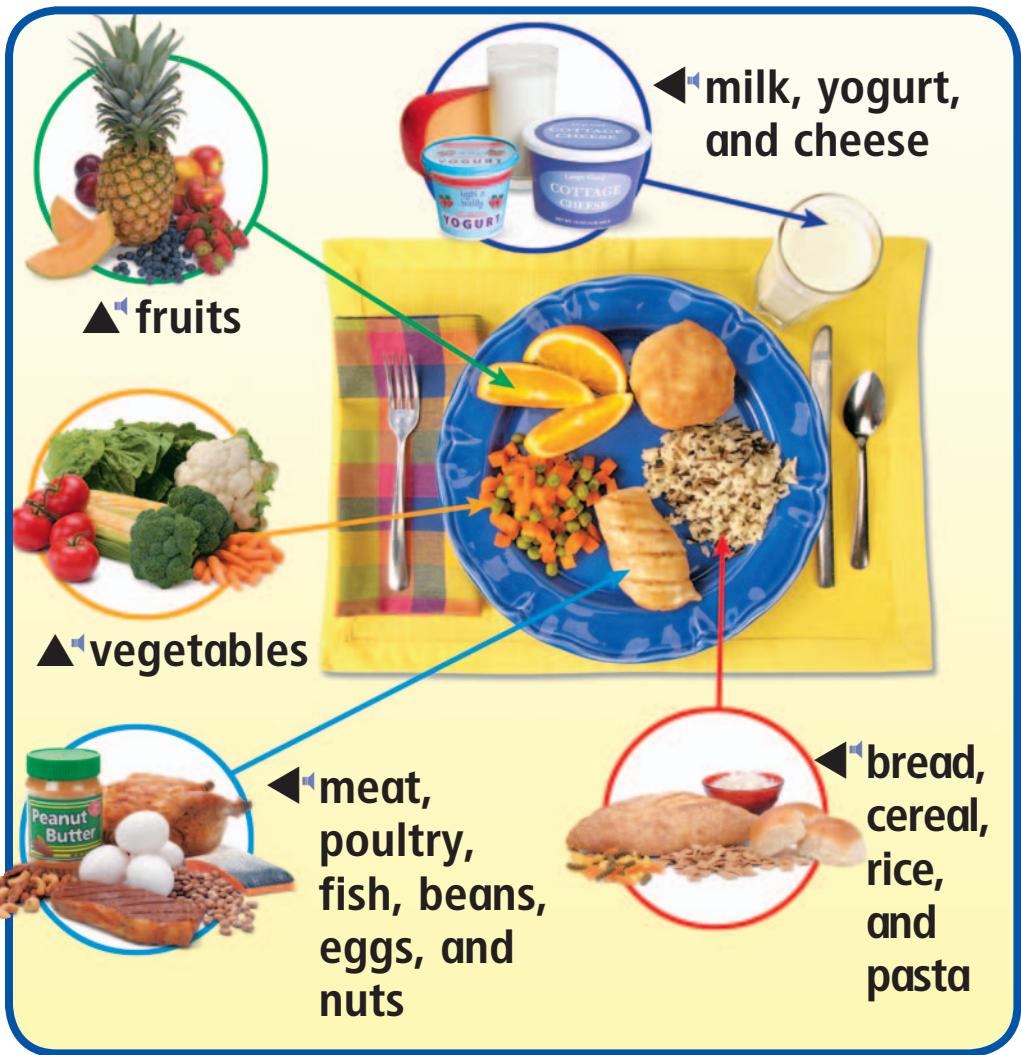


- It helps your body grow.

# Food Groups

- You need different foods each day.





► You need foods from each food group.

- ▶ **Vocabulary**

- ▶ **energy, p. 2**
- ▶ **food group, p. 10**

## ► **Think About the Reading**

- **1.** What questions do you have after reading this book?
- **2.** How can you find answers to these questions?

## ► **Hands-On Activity**

- **1.** Put a plant in a place where it can get light from the sun. Put another plant in a place where it does not get light. Water both plants.
- **2.** Observe the plants each week.

## ► **School-Home Connection**

Tell a family member what you have read about people and energy. Talk with the family member about the different kinds of foods you eat.