BRIGHTON
JUNIOR HIGH SCHOOL

Name: _____ Class: _____

OUR ENERGY SOURCES



We get the energy we use from a various sources.
Sort them according to whether it's renewable or non-renewable in the columns below.



SUNLIGHT	WOOD	HYDRO ENERGY
BIOMASS	COAL	BIOGAS
ALCOHOL	NUCLEAR ENERGY	WIND
AIR	PETROL	GEOTHERMAL

RENEWABLE	NON-RENEWABLE



LIVEWORKSHEETS

BRIGHTON
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ENERGY FROM FOOD



Use the pencil and make a line to connect the type of food and its function.

TYPE OF FOOD









ITS FUNCTION

Primary source of energy and the brain's preferred energy source. Broken down by the body into glucose – a type of sugar

helps repair and build your body's tissues, allows metabolic reactions to take place and coordinates bodily functions

help protect your organs and help keep your body warm

Complete the sentences!

1. There are _____ food groups.
2. We get vitamins from fruit and _____
3. We get energy from _____, _____, and _____
4. There are a lot of empty calories in _____

Complete the sentences!

6 Groups of food are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LIVEWORKSHEETS