Energy Worksheet

Basic Science JSS1

Name: _____

Class: _____

Date: _____

Score: ____ / 15

Instructions

Answer all the questions. Choose the correct answer for the multiple-choice questions. Write the correct answers in the blanks. **Take your time** and do your best!

Section A: Multiple Choice

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1. Energy is the ability to _____.
   - A. sleep
   - B. do work
   - C. play games
   - D. sing songs
2. Which form of energy helps us to see objects?
   - A. Sound Energy
   - B. Light Energy
   - C. Heat Energy
   - D. Chemical Energy
3. Which energy source is renewable?
   - A. Petrol
   - B. Diesel
   - C. Coal
   - D. Sun
4. Which appliance mainly uses electrical energy?
   - A. Ceiling fan
   - B. Bicycle
   - C. Football
   - D. Book
5. Which gives us both heat and light naturally?
   - A. Torch
   - B. Electric bulb
   - C. The Sun
   - D. Television

1. Which of the following is a form of energy?
   - A. Plastic
   - B. Wood
   - C. Heat
   - D. Stone
2. Which of these stores chemical energy?
   - A. Battery
   - B. Chair
   - C. Spoon
   - D. Table
3. Which of these is a non-renewable energy source?
   - A. Wind
   - B. Water
   - C. Natural Gas
   - D. Sunlight
4. Which activity mainly uses mechanical energy?
   - A. Riding a bicycle
   - B. Sleeping
   - C. Reading
   - D. Listening to music
5. Which of these is NOT a source of energy?
   - A. Food
   - B. Wind
   - C. Battery
   - D. Pencil

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Section B: Fill in the Blanks

Word Bank: Energy | Light | Wind | Food | Renewable | Heat

1. _____ is the ability to do work.
2. The Sun gives us _____ energy that helps us see.
3. _____ provides chemical energy for our bodies.
4. Solar energy is a _____ source of energy.
5. _____ can be used to generate electricity using wind turbines.

⭐ Bonus Challenge ⭐

Draw one object that uses energy in the space below.

[Design Placeholder for Drawing]

Write one sentence explaining the type of energy it uses:

Science is everywhere. Keep observing, keep asking questions, and keep learning!

Teaching note

This worksheet covers core concepts of the JSS1 Basic Science curriculum regarding energy forms and sources. Encourage students to identify real-world examples beyond those listed. This was generated by AI to give you a head start — not the final word. You know your students best, so give it a once-over and make it yours.

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