Name: Date: Score: / 8

Sun Power in Food: Learn and Practice

Your energy started as sunlight

Read each question. Circle the best answer.

💡 Energy in Food

- Plants use sunlight to make food.
- Animals get energy by eating plants or other animals.
- So the energy in all food first came from the Sun.
- Sun: grass: cow: milk: you

1 What do animals use food energy for?

A. Turning into plants B. Making sunlight

C. Moving, growing and staying warm D. Nothing

2 🍎 Where did the energy in an apple come from first?

A. Rain B. The tree roots C. The Sun

D. The store

3 What is it called when plants make food using light?

A. Digestion B. Evaporation C. Erosion

D. Photosynthesis

4 🌱 Where do plants get the energy to make food?

A. Rocks B. Sunlight C. Soil only

D. The Moon

5 Why do you feel warm after eating and moving around?

A. The Sun is inside you

B. Your body turns food energy into heat

C. Plates are warm D. Food is always hot

6 Which gas do plants take in from the air to make food?

A. Smoke B. Neon C. Carbon dioxide

D. Helium

7 🧀 You eat some cheese. Where did its energy start?

A. The fridge B. The Sun C. The cow

D. The farmer

8 🐇 Which animal gets its energy directly from plants?

A. A rabbit eating clover B. A snake eating a frog

C. A shark eating a fish

D. A hawk eating a mouse

✏️ Explain it! Write two facts you learned about sun power in food.

ANSWER KEY

Sun Power in Food: Learn and Practice (answers)

Your energy started as sunlight

Read each question. Circle the best answer.

1 What do animals use food energy for?

A. Turning into plants B. Making sunlight

C. Moving, growing and staying warm

D. Nothing

Food energy powers everything animals do, from running to growing to keeping warm.

2 🍎 Where did the energy in an apple come from first?

A. Rain B. The tree roots **C. The Sun**

D. The store

The apple tree used sunlight to make food, and stored some of that energy in the apple.

3 What is it called when plants make food using light?

A. Digestion B. Evaporation C. Erosion

D. Photosynthesis

Photo means light. Photosynthesis is how plants use light to make food.

4 🌱 Where do plants get the energy to make food?

A. Rocks **B. Sunlight** C. Soil only

D. The Moon

Plants capture energy from sunlight and use it to make their own food.

5 Why do you feel warm after eating and moving around?

A. The Sun is inside you

B. Your body turns food energy into heat

C. Plates are warm D. Food is always hot

Your body uses food energy, and some of it is released as heat that keeps you warm.

6 Which gas do plants take in from the air to make food?

A. Smoke B. Neon **C. Carbon dioxide**

D. Helium

Plants take in carbon dioxide from the air and use it with water and sunlight to make food.

7 🧀 You eat some cheese. Where did its energy start?

A. The fridge **B. The Sun** C. The cow

D. The farmer

Sun to grass, grass to cow, cow to milk, milk to cheese. It all began with sunlight!

8 🐇 Which animal gets its energy directly from plants?

A. A rabbit eating clover

B. A snake eating a frog C. A shark eating a fish

D. A hawk eating a mouse

The rabbit eats the plant itself, so it gets the plant's stored energy directly.