1. What is energy? Choose the best answer.
a. Anything that radiates light or heat.
b. Anything that travels in the form of a wave.
c. Any object in motion.
d. Anything that makes matter move or change.

2. Which of these objects has kinetic energy?
a. A ball moving through the air.
b. A ball sitting on a table.
c. A ball buried underground.
d. A ball sitting on the edge of a cliff.

3. What is the difference between kinetic energy and potential energy?
a. Potential energy is the energy of objects at rest; kinetic energy is the energy of objects in motion.
b. Kinetic energy is the energy of objects at rest; potential energy is the energy of objects in motion.
c. Potential energy has to do with chemistry; kinetic energy has to do with physics.
d. Kinetic energy has to do with chemistry; potential energy has to do with physics.

4. Which of the following objects has the most potential energy?
a. A ball sitting on a table.
b. A ball resting on the ground.
c. A ball sitting on a mountaintop.
d. A ball that’s been thrown into the air.

5. Which of the following terms is synonymous with potential energy?
a. Stored energy
b. Motion energy
c. Light energy
d. Kinetic energy

6. What would happen if you didn’t have chemical energy in your body? Choose the best answer.
a. You wouldn’t be able to think.
b. You wouldn’t be able to move.
c. You wouldn’t be able to sleep.
d. You wouldn’t be able to sit.

7. What is the primary source of all light energy on earth?
a. Lightning
b. Volcanoes
c. The Moon
d. The Sun

8. Which of the following is an opinion about energy?
a. Power plants and batteries supply us with electrical energy
b. Kinetic energy is the energy of motion
c. Chemical energy is the most important source of energy
d. Solar energy can be used to power people’s homes

9. What do wind and moving water have in common?
a. They both have mechanical energy.
b. They both have chemical energy.
c. They both have light energy.
d. They both have nuclear energy.

10. How is nuclear energy released?
a. By burning fuel
b. By moving turbines
c. By chemicals mixing
d. By atoms fusing together or splitting apart