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We use three basic kind of energy everyday: light, heat, and sound. Energy cannot be used up or destroyed. It only changes forms.

Energy falls into two basic groups: moving energy or stored energy.

**Moving energy** is energy that is doing work or moving something. **Stored energy** is energy that is not being used but can be used later.

When a battery is charged, moving energy becomes stored energy. When we use a battery in a toy, the stored energy becomes moving energy.



## Kinds of Energy



1. What are three basic forms of energy?	
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2. What is moving energy?	
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3. What is stored energy?	