


Fun Facts of Energy Comparison For Kids

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Question1: Which has more energy?

Apple vs. Candy Bar

Apple: ~95 Calories (kcal)

Candy bar: ~250 Calories

Question2: Which has more energy?

1 AA Battery vs. Phone Battery

AA battery: ~3,000 mWh

Smartphone battery: ~15,000 mWh

Question3: Which has more energy?

1 slice of bread vs. climbing stairs

Bread: ~80 Calories

Climbing 10 floors burns: ~80 Calories

Question4: Which has more energy?

Sunlight vs. Lightbulb

Sun delivers ~1,000 W/m² on Earth

60W bulb = 60 W

Question5: Which has more energy?

1 liter of gasoline vs. 1 liter of water

Gasoline: ~34 MJ

Water: 0 MJ (until heated)

Question6: Which has more energy?

1 chocolate chip cookie vs. 10-minute run

Cookie: ~50 Calories

10 min run burns ~100 Calories

Question7: Which has more energy?

Firecracker vs. Car engine

Firecracker: short burst of chemical energy

Engine: steady conversion over time

Question8: Which has more energy?

Roller coaster at the top vs. bottom

Top: high **potential energy**

Bottom: high **kinetic energy**

Question9: Which has more energy?

Microwave oven (1 min) vs. LED bulb (1 hour)

Microwave: $\sim 1,000 \text{ W} \times 1 \text{ min} = 60,000 \text{ J}$

LED bulb: $\sim 10 \text{ W} \times 1 \text{ hr} = 36,000 \text{ J}$

Question10: Which has more energy?

Energy in 1 banana vs. powering a lightbulb

Banana: $\sim 100 \text{ Calories} = \sim 418,000 \text{ J}$

60W bulb runs ~ 2 hours on that much energy

Question11: Which has more energy?

Solar panel vs. Wind turbine

Small panel: $\sim 300 \text{ W}$

Wind turbine: ~ 2 million W

Question12: Which has more energy?

Lightning bolt vs. hair dryer

Lightning bolt: ~ 1 billion joules

Hair dryer: $\sim 1,500 \text{ W} = 1,500 \text{ J/sec}$

Question13: Which has more energy?

Human body (daily use) vs. laptop

Person uses $\sim 2,000 \text{ Calories/day} = \sim 8$ million J

Laptop: $\sim 50 \text{ W} \times 8 \text{ hrs} = 1.4$ million J

Question14: Which has more energy?

Bouncing ball (1 meter) vs. dropped from 5 meters



Answers

1. Candy bar has more stored energy.

2. Phone battery stores 5× more energy.

3. One slice fuels a whole stair climb!

4. The Sun is much more powerful!

5. Gasoline holds massive chemical energy.

6. You need 2 cookies to fuel that jog.

7. Both use chemical energy, but differently!

8. Same total energy, just transformed.

9. 1 minute of microwave = nearly 2 hours of LED!

10. Fruit = fuel!

11. Turbine = huge power generator!

12. One bolt = hours of hair drying!

13. You use way more energy than your laptop!

14. Higher drop = more energy converted to motion.