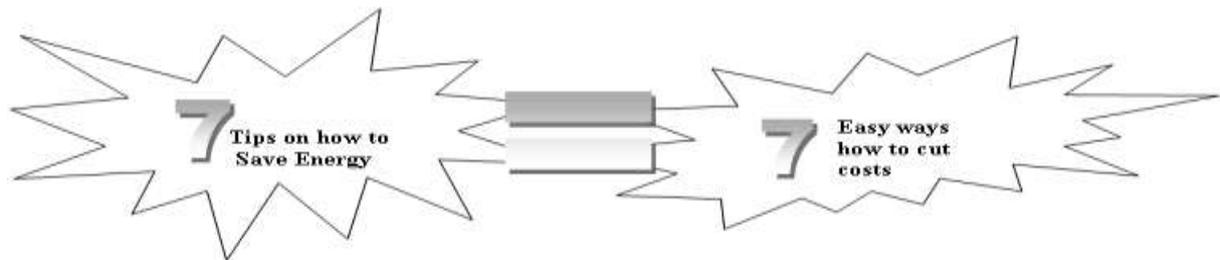


Just Turn it Off

There exist various energy resources and these include renewable and non-renewable resources. Renewable resources include:-



Hydroelectric energy: A river fills a lake behind a dam. Water flowing down from a lake turns generators. Hydro means water, and hydro power captures energy from moving water. Water that is fast running or falling from a great height produces the most energy. Water wheels have been used for thousands of years to power mills that grind grains, such as wheat, into flour. Now hydro power is used to generate electricity, either in large hydro-electric power stations or small local schemes.

Tidal energy: Similar to hydroelectric energy but a lake fills when the tide comes in and empties when it goes out.

Wind energy: Generators are driven by wind turbines (windmills).

Wave energy: Generators are driven by the up-and-down motion of waves at sea.

Geothermal energy: Steam comes from hot underground springs or water is pumped down to hot rocks deep underground and rises as steam.

Solar Energy: Solar panels absorb radiant energy from the sun and use it to heat water. Solar cells produce electricity directly.

Biofuels: These are fuels made from plant or animal matter, sometimes called biomass. They include wood, alcohol made from sugar cane and methane gas from rotting waste.

Energy

Energy is used for many reasons in our daily life so we need to use it wisely. We can help to reduce our energy costs by saving energy. This means we decrease the amount of the power we use and also save the environment.

♣ Insulate and Ventilate:

In Winter, insulation can reduce home heating needs while in summer you can use blinds to keep the heat out. This will keep the room 1 degree cooler. You can also use fans as they work just as well as air conditioners and these use less energy and cut energy costs. We can also insulate by simply putting on a jumper.

♣ High-Efficiency Appliances:

Energy star appliances consume about 10 times less energy than normal appliances.

3) Use water efficiently: A low-flow shower head uses half the water consumption. Water taps should not be allowed to drip.

4) Avoid batteries: Choose less harmful and rechargeable batteries. These are able to be used time and time again and this saves our environment. Some batteries can also be recharged by harnessing the sun's power which saves more energy.

5) Walk, bike and take the bus: These types of transport reduce gas and save fossil fuels. There will also be less pollution in air. By reducing these, you would be saving gas, power, money and the environment.

6) Painting your house: People in warm climates can save energy by simply painting their house with light colours to keep their houses cool during the summer. On the other hand, people who live in cold climates can simply paint their house in darker colours to attract more sunlight thus keeping the temperature warmer inside. Then, you would not need to turn on an air conditioner or use the air conditioner all the time.

7) Sunny days: We can hang the clothes outside on a sunny day instead of using a tumble drier. This would save energy, money and keeps your clothes looking brighter.

Our Experiment

On Friday at 7:30 in the morning, the meter was reading 1943 and on Saturday at 9:30 the meter was reading 1959 during this period we (a family of four) ignored the amount of energy we were using. Between Friday and Saturday a 16 units were produced. On Sunday at 9:30 in the morning the meter was reading 2493 units and on Monday at 7.30 in the morning the meter was reading 2506. Between Sunday and Monday a total of 13 units were produced. This shows that by simply adapting a proper environmental attitude one can save money and the most important thing save the environment.

The aim of our experiment was to show that by following the 7 simple tips above, our family was able to save energy by still doing the same work yet save on energy costs.

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