

It's More Than Bright

Light is a form of energy. It comes from tiny particles called atoms. If an atom fills up with energy, it shoots out a small burst of light. Each tiny particle of light is called a **photon**.

The sun is a giant power plant, sending out light and other forms of energy as **electromagnetic waves**. It lets us see and gives us heat. Without light from the sun, Earth would be too dark and cold for life to exist.



The sun, stars, and fire are natural light sources. They create their own light.

Light in Action

The sun is about 93 million miles (150 million kilometers) away, but it is close enough to light the world. Its light shines on the side of Earth facing the sun. As Earth turns, it creates our day and night.

Hundreds of years ago, people generally worked, played, and traveled during the day. The light from candles and oil lamps was weak. But today, bright electric lights allow businesses such as hospitals and factories to operate 24 hours a day.

All our food and the air we breathe depend on sunlight. Do you like fruit? Do cows like to munch grass? Green plants need the sun's energy to live and grow. Some animals rely on these plants for food, and those animals are often food for other animals. But without sunlight, there would be no plants. As a result, we would have no food. In addition, plants give off the oxygen we need to breathe.

Plants use energy from the sun to produce the fruits and vegetables we eat.

