



## Recipes for Healthy Kids and a Healthy Environment

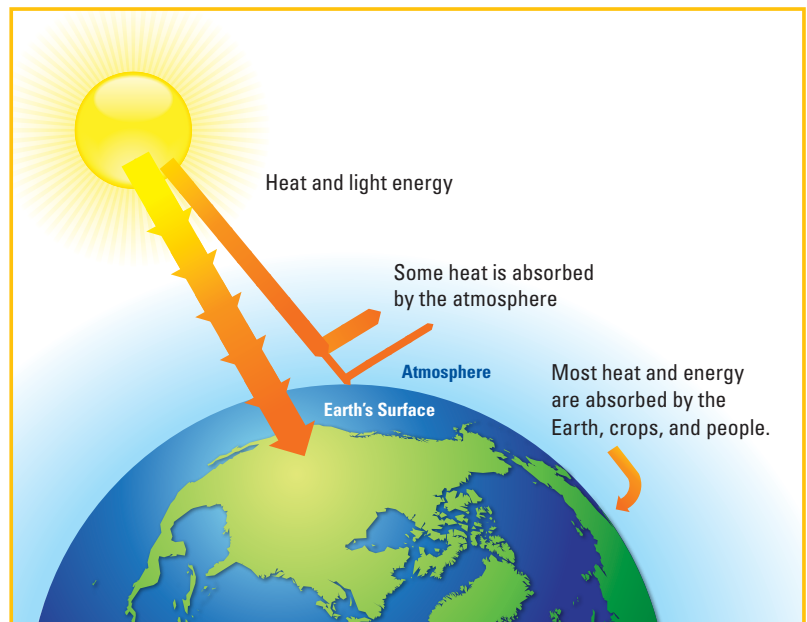
### Kids Building a Safer and Healthier Community

## Take-Home Talk

### Lesson 5: Climate Change and You

#### To Share:

- The sun is the center and the anchor of our solar system and, like the other seven planets in our system, the Earth moves, or orbits, around it along a pathway. The earth needs to rotate/spin 365 times for each one revolution around the sun! A rotation is 1 day, which gives us night and day, and a revolution is 1 year, which gives us the seasons.
- This giant sun powerhouse sends so much energy our way that it would be extremely dangerous if it came directly to the Earth's surface. The gases that make up the atmosphere act like the glass on a greenhouse and let most of the light and the heat in, but filter out some of it so that it's safer for us.
- These gases also help keep the Earth warm when one part of the Earth is rotating away from the sun—at night.
- Our atmosphere is a mix of gases that do different things. If we change the mixture of gases, our planet will change. Greenhouse gases are released when we burn gas, oil, and coal to power our cars, factories, planes, and trains, and provide power/energy to the places where we live and go to school and work.



(continued on other side)



## To Do:

- **Energy Everywhere!** We use energy so often throughout the day that we rarely think about it. Ask your family to track all of the times throughout the day that they use energy—have each member of your family keep a running log. By learning when we use energy, we can see where we can easily save energy.

***Just a few daily activities that use energy:*** Turning on lights, watching TV, using a computer, listening to music, taking a shower/bath (energy to heat the water), driving somewhere, cooking, and using anything with batteries.

- Who in your family had the most activities that used energy? Who had the least?
- What are some simple ways in which you can all cut back on your energy usage?

## To Take Back:

- What was the coolest thing that you learned from talking about this topic with your family and friends?
- 