WiZ KiD AT CSU SPUR

Activity worksheet

Energy

Find the different types of energy!

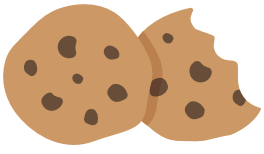
Kinetic
Potential
Thermal
Mechanical
Electrical
Magnetic
Chemical
Elastic
Nuclear
Gravitational

I	U	P	A	M	A	G	N	E	T	I	C	A	P	Q	M	G	A	I	I	X	A	G
U	O	S	L	P	M	O	V	I	Y	T	U	A	L	V	E	A	L	I	T	R	W	R
C	Z	J	I	V	E	E	W	V	E	L	A	W	P	O	T	E	N	T	I	A	L	A
E	K	N	B	T	T	U	O	R	K	S	U	D	L	A	R	F	B	N	R	I	W	V
C	H	E	M	I	C	A	L	T	F	E	B	L	D	S	M	C	O	X	Y	O	L	I
G	E	I	P	O	K	I	A	S	I	L	C	A	V	S	O	C	L	A	N	E	C	T
M	R	O	A	A	T	I	W	A	E	E	D	E	X	T	E	L	A	S	T	I	C	A
F	P	V	I	B	K	B	D	S	W	C	B	K	K	D	T	A	H	E	N	I	S	T
N	F	L	A	M	R	E	H	T	R	T	P	S	E	F	X	Z	P	W	H	R	D	I
O	S	E	Y	R	E	G	A	I	M	R	X	G	B	O	Z	Y	X	E	X	I	Z	O
U	Q	W	I	N	X	U	L	N	N	I	O	K	K	I	N	E	T	I	C	X	O	N
J	M	H	Z	R	O	N	V	Z	C	C	L	N	I	T	A	K	Z	O	U	U	K	A
C	N	U	O	L	V	F	T	O	T	A	P	R	D	H	N	D	O	S	T	A	I	L
K	E	D	R	P	E	U	G	A	U	L	T	Q	D	V	N	V	R	E	M	E	D	J
N	U	C	L	E	A	R	Q	M	C	V	Q	D	T	X	H	T	U	I	A	K	K	Z
S	X	G	B	O	B	S	U	D	E	S	S	J	L	A	C	I	N	A	H	C	E	M

Make your own energy-rich cookie dough bites

Ingredients:

- 2 cups flour: all-purpose or gluten-free
- 1/3 cup unsweetened apple sauce
- 2 tablespoons flax meal
- 4 tablespoons butter, softened
- 2/3 cup brown sugar
- 1 teaspoon vanilla
- 1/2 cup Greek yogurt
- 1 teaspoon salt
- 1/2 cup oats
- 1/2 cup chocolate chips



Instructions:

- Preheat oven to 350°F.
- Lay a piece of parchment paper over a baking sheet. Spread flour evenly on parchment. Bake for 5 mins, or until it reaches 160°F. Remove, set aside, and allow to cool.
- Mix together the apple sauce and flax meal with a fork. Set aside for 5 minutes to allow mixture to thicken.
- Use a stand or electric mixer to cream butter and sugar together until fluffy.
- Add applesauce mixture, vanilla, and Greek yogurt to the butter mixture. Mix until combined.
- In a medium bowl, sift together the flour and salt. Once sifted, add to the liquid ingredients and mix until a soft dough forms.
- Add the oats and chocolate chips to the dough. Mix until evenly combined.
- Scoop dough into 1 tablespoon "bites." Serve immediately or store in the refrigerator for up to 4 days.

Share your results with Wiz Kid!

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