

# Power vs Energy

A Pelena fact sheet

**Energy**  
the ability  
to do work

Examples →

**Power**  
how quickly  
work is  
done

Examples →

## Car

Energy allows a car to do the work of going from place to place.



A car gets energy from the fuel in its tank.

Putting your foot down uses more power, so fuel is used up faster. The higher the speed, the more power required, the sooner the tank is emptied.



## Mobile Phone

Energy allows a phone to do the work of lighting the screen, making calls, etc.



A phone gets energy from its battery. The battery stores energy.

Talking on the phone uses more power than being on standby, so the battery's energy is used up faster.



## Grid Electricity

Energy allows you to light your home and heat water for your coffee.



The grid gets Energy from many sources.



A kettle uses more power than a light, so electricity is used faster. This makes the electricity bill go up faster.



An electricity bill is for the amount of **Energy** used. The **Energy** is measured in kWh or kWhr (kiloWatt-hours). Electrical devices have a **Power** rating. The **Power** is measured in kW or W (kiloWatts or Watts). The 'h' (hours) in kWh is a reminder that **Energy** accumulates (gets bigger) over time – just like an electricity bill.