

Inside my home

Part 6

Life in **a**qualibrium

How do we use water and energy daily and how can we save?

Saving energy is often thought of as a job best left to adults, but everybody, young and old, should be aware that our actions have a big impact on their world. Even the smallest steps can lead to big changes, so let's make simple changes to our habits benefit both our families and the world we live in.

Using more than you think

We use electricity and water all the time! Just think about everything you have done today and you will surely be able to list at least five instances in which you used electricity or water. But, have you ever considered that many of the products we use daily have already gone through an entire energy-using process before they even get to you: your food, your clothes, the appliances we use... Wow, I bet you didn't realise the list was that long! What energy-users can you think of in your home or garden that use either electricity or water or even both?



Power your future

Saving energy and water is a choice that we all need to make to secure the future of our planet. The whole human race needs to work together to strike a balance between the energy and water we need and the sources we have available. You can help by following these tips:



Make sure the dishwasher or washing machine is full before switching it on to reduce the number of times you use it. Also, don't leave the fridge door open too long, so that the fridge doesn't use extra electricity to get back to its optimal cooling temperature.



Use ceiling fans rather than air conditioning to keep cool in summer. Fans use electricity, but need much less energy than air conditioners.



Turn off appliances, like computers, TVs, video games and radios as soon as you have finished using them.



Save water and electricity by taking shorter showers and turning off the water while brushing your teeth. Make sure all taps are tightly closed when you are done using them.

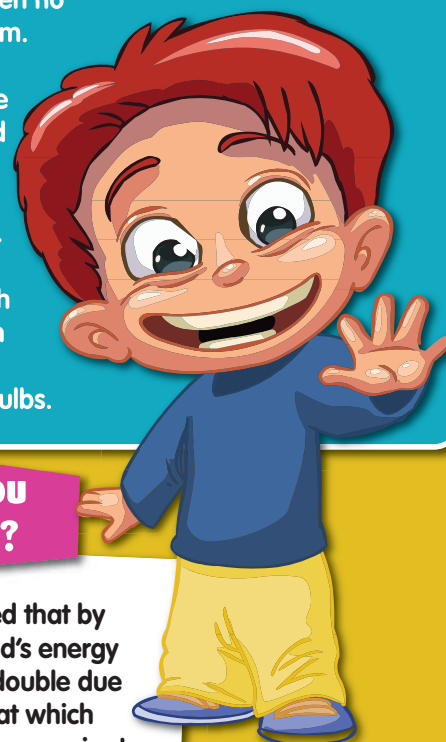


Make a habit of switching off the lights when no one is in the room.

You can also remind everyone in the household to do the same (for this as well as all other tips). Also, ask your parents to switch the light bulbs in your home to energy saving bulbs.

Did you know?

It is estimated that by 2015 the world's energy demand will double due to the rate at which populations are growing!



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