Fossil fuels are energy sources like coal, oil, and natural gas. They are created from the remains of ancient plants and animals that lived millions of years ago. Here's a step-by-step breakdown of how this process happens:

1. **Start with Organic Matter:** Fossil fuels begin with the remains of plants and tiny creatures such as plankton that lived in oceans and lakes. When these organisms die, they sink to the bottom of the water bodies.
2. **Burial:** Over millions of years, layers of sand, mud, and other materials build up over the organic remains. This process is called burial. The deeper the remains get buried, the more pressure and heat they will experience.
3. **Heat and Pressure:** As layers build up, they create intense pressure and heat. This environment can change the organic materials chemically. Under the right conditions, they start to break down into simpler compounds.
4. **Transformation:** Over millions of years of heat and pressure, the remains are transformed into fossil fuels. For example:
    - **Coal:** This is mostly formed from dead plant material in swampy areas that is buried under sediments. The pressure and heat can turn it into coal over many years.
    - **Oil:** This forms from tiny sea creatures that settle on the ocean floor. Their remains, under pressure and heat, turn into oil.
    - **Natural Gas:** Often, natural gas is formed alongside oil and can come from the same tiny organisms that created oil.
5. **Extraction:** Eventually, people drill or mine to extract these fossil fuels from the Earth, allowing us to use them for energy.

And that's how fossil fuels are created! They take millions of years to form, and they are an important part of how we produce energy today.