

## What is Green Home Building?

Green building is more than just energy efficiency. To Foreste Holmes, a “green home” is a **high-performance home** i.e., one which combines **building-science principles** with the fundamental **elements of green building, including energy efficiency**. There are many excellent building materials in today’s marketplace that can be incorporated into a home, but assembling those materials to construct a “house that works” requires that the builder to have up-to-date training and knowledge in building science and green building.

**“8 Rules of Building Performance”**

These [8 rules](#) must be considered as green building and building science are merged. Following these rules and using a [“whole-house systems approach”](#) results in a home which Foreste Holmes and our clients can regard as being part of the solution in “Building a Better Environment”.

If you don’t understand a term used in our content, please [check this glossary](#).

**Additional Internet Resources**

[Getting Started in Green Building—A Primer for Beginners](#)

A high-performance home fitting this definition would integrate the following fundamental areas:

Green Building Elements	Building Science Principles
Energy Efficiency <ul style="list-style-type: none"> <li>• <a href="#">Residential Energy Usage</a></li> <li>• <a href="#">Positioning on the Building Lot</a></li> <li>• <a href="#">Insulation</a></li> <li>• <a href="#">High-performance Windows</a></li> <li>• <a href="#">Tight Construction/Sealed Ducts</a></li> <li>• <a href="#">Efficient Heating, Ventilation, and Air Conditioning Equipment</a></li> <li>• <a href="#">Efficient Lighting, Appliances, and Water Heaters</a></li> </ul>	<a href="#">Heat Flow</a>  <a href="#">Air Flow</a>  <a href="#">Moisture Flow</a>  <a href="#">Ultraviolet Radiation</a>
<a href="#">Resource Efficiency</a>	
<a href="#">Water Efficiency</a>	
<a href="#">Indoor Air Quality</a>	
<a href="#">Site, Community and Global Impacts</a>	



