What is claimed is:

1. An energy-saving assembly, the energy-saving assembly being configured in a sheetshape and comprising a first surface and a second surface,

wherein the energy-saving assembly is formed with a plurality of holes that are distributed in a lattice and penetrate through the first surface and the second surface, and the energy-saving assembly being formed of a first material and a first ceramic that emits far infrared ray, and the first ceramic contains SiO_2, Fe_2O_3, Al_2O_3, MgO and CaO,

wherein a face portion is formed in a region surrounded by four holes, where the four holes are defined as two holes being formed adjacent to each other in the left-right direction and two other holes respectively being formed neighboring below or above the two holes,

wherein an area occupied by the holes with respect to the entire energy-saving assembly is 45% to 55%, and

wherein the energy-saving assembly is configured to be installed on an exterior side of a suction port of an air-conditioning apparatus.

2. The energy-saving assembly of claim 1, wherein the first ceramic contains:

SiO_2 from 42 to 45 % by weight,

Fe_2O_3 from 8.0 to 8.5 % by weight,

Al_2O_3 from 0.92 to 0.98 % by weight,

MgO from 42 to 44 % by weight and

CaO from 1.0 to 1.1 % by weight.

3. The energy-saving assembly of claim 1, wherein the energy-saving assembly is formed of the first material, the first ceramic and a second ceramic, the second ceramic containing elbite tourmaline.

4. The energy-saving assembly of claim 3, wherein the second ceramic contains elbite tourmaline represented by the following chemical formula (1):

$Na(Li, Al)_3Al_6(BO_3)_3Si_6O_{18}(OH)_4$ (1).

5. The energy-saving assembly of claim 3, wherein a ratio of the weight percentage of the first ceramic to the weight percentage of the second ceramic is in a range between 0.069 and 0.074.

6. An energy-saving method that uses an energy-saving assembly configured in a sheetshape and comprising a first surface and a second surface and comprises an installing of the energy-saving assembly on an exterior side of a suction port of an air-conditioning apparatus,

wherein the energy-saving assembly is formed with a plurality of holes that are distributed in a lattice and penetrate through the first surface and the second surface and formed of a first material and a first ceramic that emits far infrared ray, and the first ceramic contains SiO_2, Fe_2O_3, Al_2O_3, MgO and CaO,

wherein a face portion is formed in a region surrounded by four holes, where the four holes are defined as two holes being formed adjacent to each other in the left-right direction and two other holes respectively being formed neighboring below or above the two holes,

wherein an area occupied by the holes with respect to the entire energy-saving

assembly is 45% to 55%.

7. The energy-saving method of claim 6, wherein the first ceramic contains:

SiO_2 from 42 to 45 % by weight,

Fe_2O_3 from 8.0 to 8.5 % by weight,

Al_2O_3 from 0.92 to 0.98 % by weight,

MgO from 42 to 44 % by weight and

CaO from 1.0 to 1.1 % by weight.

8. The energy-saving method of claim 6, wherein the energy-saving assembly is formed of the first material, the first ceramic, and a second ceramic, the second ceramic containing elbite tourmaline.

9. The energy-saving method of claim 8, wherein the second ceramic contains elbite tourmaline represented by the following chemical formula (1):

$Na(Li, Al)_3Al_6(BO_3)_3Si_6O_{18}(OH)_4$ (1). .

10. The energy-saving method of claim 8, wherein a ratio of the weight percentage of the first ceramic to the weight percentage of the second ceramic is in a range between 0.069 and 0.074.

11. The energy-saving method of claim 6, wherein the installing of the energy-saving assembly on the exterior side of the suction port of the air-conditioning apparatus comprises installing the energy-saving assembly between the suction port and a suction cover of the air-conditioning apparatus.

12. The energy-saving method of claim 6, wherein the installing of the energy-saving assembly on the exterior side of the suction port of the air-conditioning apparatus comprises installing the energy-saving assembly between the suction port and a filter of the air-conditioning apparatus.