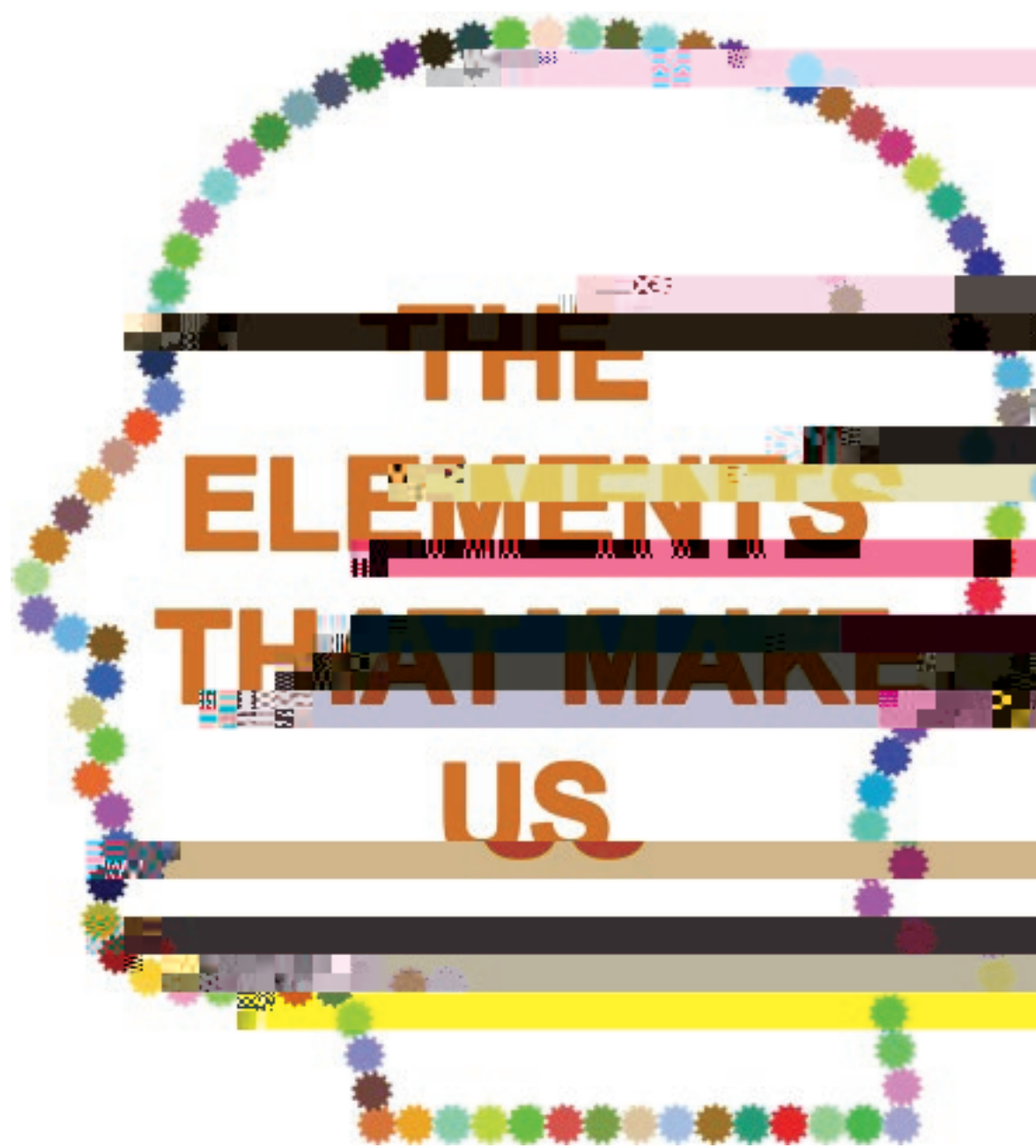
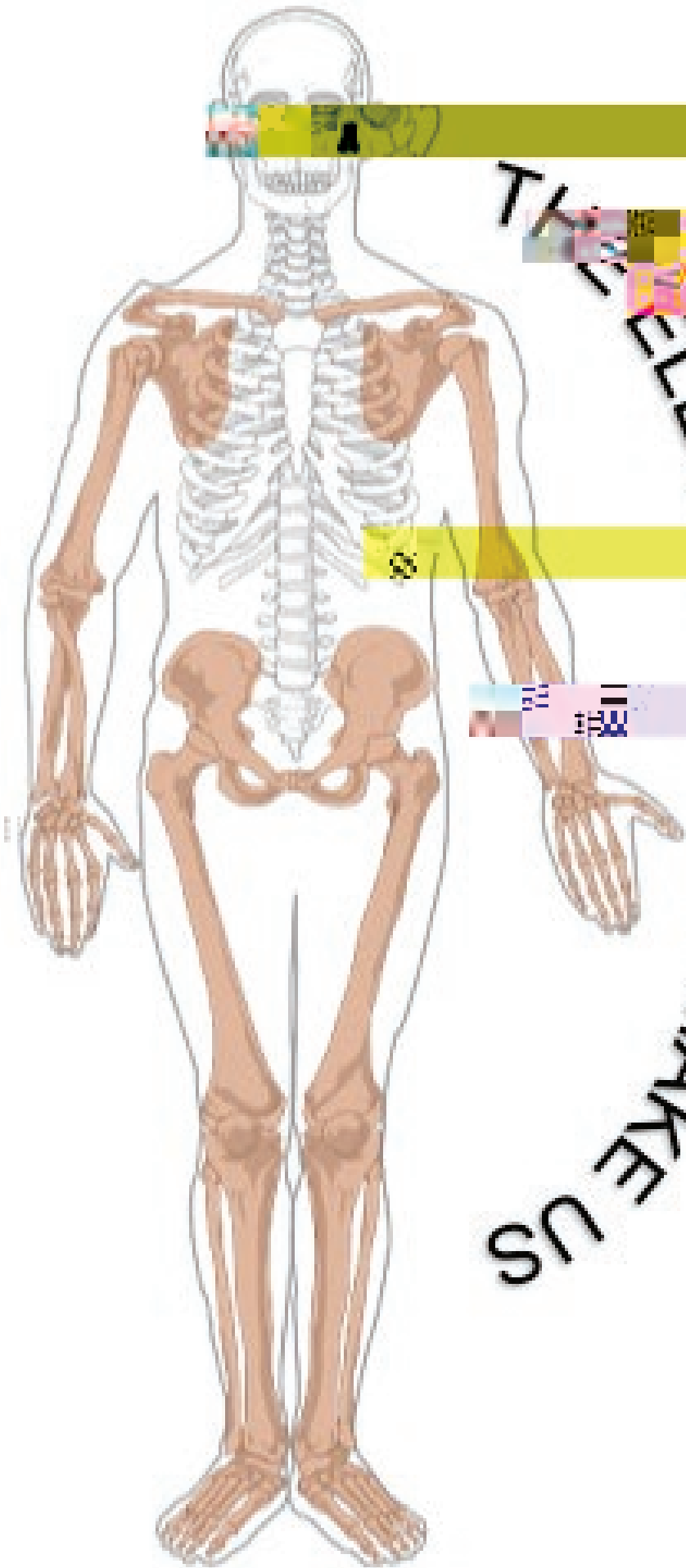


t







THE ELEMENTS THAT MAKE US

THE ELEMENTS THAT



Talking points:

Foods are vegetarian and widely available. The idea is to have clear containers with the food, the answers as to which elements are contained in that food is underneath. Easy to access.

Only considering essential elements (not necessarily pollutants).

The colors of the boxes match up to the names /element colors where possible.

There are 700 billion (10^{27}) atoms in the body.

34 of the elements from the periodic table are found 34 of the elements from the periodic table are filled

Element boxes: info about the element and excess/deficiency in diet.

To be printed, laminated and folded into a triangle (taped on the edge).

40.1	Ca	Calcium	20
Discovered: 1808	“The average human contains about 1 kilogram of calcium.”	Too much: Urinary stones	Not enough (deficiency): Fracture bones and brittle teeth

24.0	Mg	Magnesium	12
Discovered: 1755	“Magnesium is essential for the working of enzymes.”	Too much: Low blood pressure	Not enough Respiratory disease

31.0

P

Discovered: 1669

"Phosphorus forms the sugar-phosphate backbone of DNA."

Phosphorus

backbone of
Decrease muscle
strength

Too much:

Ca absorption amicumity

Not enough
(deficiency):

52.0

Cr

Chromium

24

Discovered: 1938

"Chromium is an essential trace element for humans because it helps regulate glucose."

Too much:

Liver and Kidney
disease

Not enough (deficiency):

Diabetes

63.5

Discovered: Prehistoric

Too much:

Ca

Liver cirrhosis

enzyme transfer

Copper cells.TM

energy in

Hair loss

29

39.0

Discovered: 1807

Too much:

K

Potassium ions are

important for
maintaining fluid
and electrolyte

Excess Ca in the
blood

Not enough (deficiency):

Potassium

balance

Vomiting

19

79.0

Discovered: 1817

Too much

Se

Fatigue

human body
contains more
than a million

Not enough

34

55.8

Discovered: 1803

Too much:

Fe

Shock

"The human

body contains

approximately 4 grams

of iron. A lot of

this is in the

blood."

Not enough (anemia):

Anaemia

26

65.4

Zn

Zinc

30

Discovered: 20BC

"Zinc is essential for all living things, forming the active site in over 20 metallo-enzymes."

Too much:

Carcinogenic

Not enough (deficiency):

Skin inflammation

23.0

Na

Sodium

11

Discovered: 1807

"Sodium helps cells to transmit nerve signals and regulate water levels in tissues and blood."

Too much:

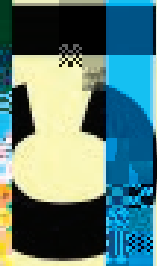
High blood pressure

Not enough (deficiency):

Muscle pain

35.5

Diffusion



-Chlorine

17

"The chloride ion is essential to life. It is most abundantly present in cell fluid as a negative ion to balance the positive ions."

Would be removed by sweat

Not enough (deficiency):

Not likely

Sources
