

Everyday Elements

Chemical elements are all around us and are used in our homes, by doctors, in manufacturing, and more. Using the Periodic Table below, find the name and symbol for each of the elements described below.

[Periodic Table](#)

Everyday Use	Element	Symbol
Toothpaste with Fluoride has this element.		
This element strengthens the bones in your body.		
This element causes balloons to float up and away!		
This is what all life is made from.		
This is often used to flavor foods and preserve meats.		
We breathe this to live.		
Bananas, salmon, and avocados contain a high amount of this element.		
This is often used to make batteries.		
We keep our swimming pools clean and safe to swim in using this element. We also use it in bleach to clean our homes and other buildings.		
Thanks to this element we can build strong buildings, bridges, and other structures made out of steel.		

Answer Key

Everyday Use	Element	Symbol
Toothpaste with Fluoride has this element.	Fluorine	F
This element strengthens the bones in your body.	Calcium	Ca
This element causes balloons to float up and away!	Helium	He
This is what all life is made from.	Carbon	C
This is often used to flavor foods and preserve meats.	Sodium	Na
We breathe this to live.	Oxygen	O
Bananas, salmon, and avocados contain a high amount of this element.	Potassium	K
This is often used to make batteries.	Lithium	Li
We often keep our swimming pools clean and safe to swim in using this element. We also use it in bleach to clean our homes and other buildings.	Chlorine	Cl
Thanks to this element we can build strong buildings, bridges, and other structures made out of steel.	Fe	Iron

Assignment based on:

<https://naturejournal.s3.amazonaws.com/EverydayelementsTheHomeschoolScientist.pdf>