





AT-HOME SCIENCE ACTIVITIES

SCAVENGER HUNT : minerals you eat...

You eat ROCKS??! Yes, you do!

There are many minerals in food and medicine. They are safe to consume, help preserve food, and sometimes make food taste and look better.

MINERAL	FOUND IN	FACTS
HALITE 	<input type="checkbox"/> Salt	Halite is the mineral name for salt, which is in most of our food and is essential for life.
CALCITE 	<input type="checkbox"/> Cereals <input type="checkbox"/> Bread and baked goods <input type="checkbox"/> Energy bars <input type="checkbox"/> Chewing gum <input type="checkbox"/> Stomach antacids	Limestone and marble are composed of calcite (calcium carbonate), an ingredient used for many baked foods. It's also used to treat your upset tummy.
FLUORITE 	<input type="checkbox"/> Tap water <input type="checkbox"/> Toothpaste	Fluorite is used to manufacture fluoride to keep your teeth strong and healthy.
MUSCOVITE 	<input type="checkbox"/> Sparkly toothpaste	Muscovite is a type of mica used in health care products, cosmetics, and electronics, and to make things sparkle.

MINERAL**FOUND IN****FACTS****QUARTZ**
(SILICON DIOXIDE)

- Pasta
- Flour
- Rice

Quartz is silicon dioxide. It helps keep things like pasta and flour from clumping together.

SULFUR + PYRITE

- Wine

Sulfur and **pyrite** are mined to make sulfur products including sulfites, an ingredient that keeps wine fresh.

RUTILE + ILMENITE

- White lettering on M&Ms and Skittles
- White frosting on cakes and cupcakes

Rutile and **ilmenite** are ores of titanium dioxide—the brightest white pigment used today.

GYPSUM

- Some cheeses
- Ice cream
- Canned vegetables

Gypsum (calcium sulfate) is a dietary source of calcium and used as an ingredient in some canned vegetables, flour, white bread, ice cream, and cheeses.

BECAUSE SCIENCE MATTERS!

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