

#20



CALCIUM

Ca

20

40.078

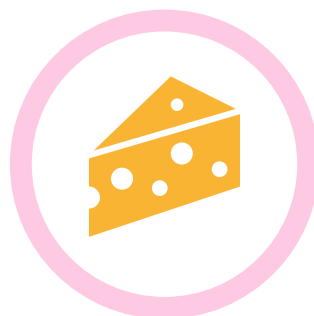


TEETH & BONES



Calcium is essential for all living things, particularly for the growth of healthy teeth and bones.

CHEESE-MAKING



Calcium chloride is added during the making of some cheeses to ensure formation of a firm curd.

BUILDING



Limestone (calcium carbonate) is used in construction. Lime (calcium oxide) helps make cement.