

FOOD LABEL

NAME

DATE

1. List any essential elements listed on the food label.
2. Most ingredients on food labels are chemical compounds composed of different elements. Select three ingredients on the food label and write them in the first column of the chart below.
3. Use the Internet to find the chemical formula for each of the three ingredients. Write the formula for each ingredient in the second column.
4. For each ingredient, list the essential elements that are part of its chemical structure.

INGREDIENT FROM FOOD LABEL	CHEMICAL FORMULA	ESSENTIAL ELEMENTS CONTAINED IN THE INGREDIENT

ESSENTIAL ELEMENTS FOR HUMANS

NAME	
DATE	

H hydrogen 1.0079	He helium 4.0026
Li lithium 6.941	Be beryllium 9.0122
Na sodium 22.990	Mg magnesium 24.305
K potassium 39.098	Ca calcium 40.078
Rb rubidium 85.468	Sr strontium 87.62
Cs caesium 132.91	Ba barium 137.33
Fr francium [223]	Ra radium [226]
Sc scandium 44.956	Ti titanium 47.867
V vanadium 50.942	Cr chromium 51.996
Mn manganese 54.938	Fe iron 55.845
Ni nickel 58.693	Cu copper 63.546
Zn zinc 65.39	Al aluminium 26.982
Ga gallium 69.723	Si silicon 28.086
Ge germanium 72.61	P phosphorus 30.974
As arsenic 74.922	S sulfur 32.065
Se selenium 78.96	Cl chlorine 35.453
Br bromine 79.904	Ar argon 39.948
Kr krypton 83.80	Xe xenon 131.29
Rn radon [222]	
Y yttrium 88.906	Zr zirconium 91.224
Nb niobium 92.906	Mo molybdenum 95.94
Tc technetium [98]	Ru ruthenium 101.07
Rh rhodium 102.91	Pd palladium 106.42
Ag silver 107.87	Cd cadmium 112.41
In indium 114.82	Tl thallium 204.38
Sn tin 118.71	Pb lead 207.2
Sb antimony 121.76	Bi bismuth 208.98
Te tellurium 127.60	Po polonium [209]
I iodine 126.90	At astatine [210]
Xe xenon 131.29	
Lu lutetium 174.967	Hf hafnium 178.49
Ta tantalum 180.95	W tungsten 183.84
Re rhenium 186.21	Os osmium 190.23
Ir iridium 192.22	Pt platinum 195.08
Au gold 196.97	Hg mercury 200.59
Tl thallium 204.38	Pb lead 207.2
Uuq ununquadium [289]	
La lanthanum 138.91	Ce cerium 140.12
Pr praseodymium 140.91	Nd neodymium 144.24
Pm promethium [145]	Sm samarium 150.36
Eu europium 151.96	Gd gadolinium 157.25
Tb terbium 158.93	Dy dysprosium 162.50
Ho holmium 164.93	Er erbium 167.26
Tm thulium 168.93	Yb ytterbium 173.04
No nobelium [259]	
Ac actinium [227]	Th thorium 232.04
Pa protactinium 231.04	U uranium 238.03
Np neptunium [237]	Pu plutonium [244]
Am americium [243]	Cm curium [247]
Bk berkelium [247]	Cf californium [251]
Es einsteinium [252]	Fm fermium [257]
Md mendelevium [258]	No nobelium [259]

* Lanthanide series

* Actinide series