

# Calcium

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# What is it?

- Calcium is a chemical element. It was proposed by the English chemist Humphry Davy, in 1808.
- Among the most important functions in a living body is his participation in the work of many systems, he provides a contraction of muscles in the transmission of a nerve impulse.

# Humphry Davy, an English chemist



# Where can you find it?

- Because of the high chemical activity, calcium in the free form is not found in nature. It easily interacts with oxygen, carbon dioxide and air moisture, because of which the surface of calcium metal is usually dull-gray, so in the laboratory, calcium is usually stored, like other alkaline earth metals, in a tightly closed jar under a layer of kerosene.

# Why is it important for bones?

- Because calcium is the main element for the formation of new bones. The process of bone formation occurs every day of your life.

# Who is it most important for?

- Calcium is the most common mineral in the human body. Calcium is present in every plant and is important for its growth. It is contained in the tissues, the fluid around the cells, the bones of each animal. Thus, it is a natural component of soil, water, plant and animal life. Man, using grown plants, animal meat, water, receives calcium from food.

# What happens if you don't have enough calcium?

- Calcium deficiency is observed, if a person regularly receives less than the required rate, diseases can develop.

*Thank you for your  
attention!!!*