

Table of contents

Minerals and Metals: Woven into Our Everyday Life	10
The Secret Ingredient to a Healthy Smile	15
From Kitchen to Table	17
The Powers of Salt	19
Glasses, Plates, and Cutlery: The Magic Behind Your Mealtime	21
Nurturing Your Inner Strength: Minerals for Health	23
Embracing the Sun Safely: Minerals in Sunscreen	25
Coins: Tiny Works of Metal Art	27
The Wheels of Adventure: Minerals in Motion	29
From Elements to Entertainment: Minerals in Technology	31
Minerals in Our Food: Minerals in Agriculture	33
Empowering Creativity: Minerals in Art and Education	35
Crafting Beauty: Minerals in Art and Jewellery	37
Bright Ideas: The Mineral Magic of LED Lights	39
Minerals and Metals: The Path to Sustainability	40
Harnessing the Strength of Wind Farms	43
Glistening Promise of Solar Energy	45
Electro-rides: Europe's Charge into Sustainable Mobility	47
Riding the Rail Roadies: Endless Steel Snakes	49
Revolutionizing Construction: Advanced Construction Materials	51
Minerals and Metals: Admiration for Nature	52
Unveiling the Mysteries of the Earth: Mineral Raw Materials	55
Ethical Sourcing: Every Mineral Has a Story	57
Exploring the Past, Shaping the Future	59