

Concept 4.1

Life requires about 25 chemical elements

ELEMENTS:

Matter - anything that occupies space and has mass.

- various forms of matter are composed of one or more chemical elements.

Element - a pure substance that cannot be broken down into other substances by chemical means.

Trace elements - elements that make up less than 0.01 % of your body mass nevertheless are critical to your health.

COMPOUNDS:

Compound - a substance containing two or more elements that are chemically combined in a fixed ratio.