

# The Importance of Minerals in Our Everyday Life



What on Earth is in your stuff? Where on Earth does it come from?

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## What to Do

1. Watch the videos to learn about the different rocks, minerals, or metals found in Newfoundland and Labrador.
2. List items that you can find around your house that were made from the natural resources listed in the table.

Natural Resource (Rocks, Mineral, or Metal)	Item
Quartz	
Calcite	
Mica (Muscovite, Biotite)	
Labradorite	
Magnetite	
Pyrite	
Gypsum	
Fluorite	
Sphalerite	
Hematite	
Pyrophyllite	
Barite	
Stibnite	
Galena	
Chalcopyrite	

*If it can't be grown, it must be mined!*