

# Classroom Activity

## 10 Big Question: How do we feed the world sustainably?

### What's in cereal?

#### You will need:

Several different varieties of breakfast cereal  
Sandwich bag  
Hot water  
Spoon, pestle or blender to crush the cereal  
Strong magnet  
Plastic cup

#### Method:

Half fill the plastic cup with cereal, pour it into a sandwich bag and crush the cereal to a fine powder with a spoon or pestle (or even better pour the cereal into a blender and crush!).

Transfer the crushed cereal back to the plastic cup, add enough hot water to the cup to cover the powder and leave for 20 mins.

Transfer the cereal slurry back into the sandwich bag and run a strong magnet over it. You should see iron collecting at the magnet as black fuzz.

Try this with several different breakfast cereals and see what happens.

This classroom activity was suggested by Bianca Kyriacou, PhD student at the Australian Centre for Plant Functional Genomics (University of Adelaide) and Flinders University.