



# SCIENCE OUTSIDE THE CLASSROOM

## Iron detection in cereal

Iron is in most things we eat, but we can't see it. Iron is important for our body because it is required to form red blood cells. Where are we getting iron from in our diet?

**Suitable age group:** 10 - 16 years

### You will need:

Your favourite breakfast cereal

Spoon

Sandwich bag

Rolling pin or blender to crush cereal

Plastic cup

Hot water

Strong magnet

### What to do:

Half fill the plastic cup with cereal, pour it into a sandwich bag and crush the cereal to a fine powder with a rolling pin 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 minutes.

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

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