

MAGNETIC CEREAL

This activity takes 5-10mins plus an introduction



Intro:

This activity introduces the function of iron in the body and why it is important in our diet.

The science:

There are around 250 million haemoglobin molecules in each red blood cell, and each haemoglobin molecule can carry 4 oxygen molecules. The oxygen binds to the haemoglobin using iron. This oxyhaemoglobin molecule is then transported around the body. This process is important because every part of your body needs oxygen to function. Gases dissolve in liquids so oxygen can't do it on its own. This is why iron is an important part of our diet - because it helps in the production of haemoglobin and the binding of oxygen.

What you will need:

High iron content cereal (bran flakes or cheerios)
Water
Magnets
Dish
Waste container

Instructions:

Pour water into the dish
Sprinkle some cereal on top of the water
Now use the magnet to attract or repel the cereal