



FUN ACTIVITIES FOR KIDS

Magnetic cereal



INTRODUCTION

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

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

! **Mop up any spills when completing the activity and wash your hands once finished.**

This activity takes

5-10 mins
plus an introduction

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