

A STEM in the Park

Take Home Activity

STEM

in the **PARK**™

Science, Technology, Engineering, and Mathematics

What's in Your Cereal?

What You Need

- 2-3 flake-type cereals that contain different percentages of iron, several magnets
- Plastic bowl



What To Do

1. Grab 3 bowls and place a handful of each cereal into a different bowl.
2. Wave a magnet over the cereal and see if you get the magnet to pick up flakes.
3. Next, crush the cereal in the bowls with your hands.
4. Now, run the magnet over the crumbs and see how much you can pick up with the different percentages of iron!
5. Figure out what cereal has the most iron without looking at the label!

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The Science

Breakfast cereals are fortified with a food-grade metallic iron, which is a mineral supplement. When you ingest iron, it is then digested in the stomach and absorbed in the small intestine. Iron's job in the body is to help carry oxygen from your lungs so the rest of your body can use it. In your blood, you have a helper called hemoglobin which iron is in to help carry the oxygen. That's why your blood is the color red! Iron is very essential to your body, and is so important that if you took all of the iron out of your body right now, you could make 2 small nails!

Activity inspired by: www.cde.state.co.us/cdelib/cerealiron

This activity is brought to you by the BGSU Student Nutrition Association

