



## Atoms & Molecules Activity for Kids



### Extracting Iron From Cereal DIY





 Duration: **30-45 min**

 Difficulty: **Easy**







 Cost: **\$0 to \$10**

Use a magnet to extract iron from cereal!

### Material List

-  Box of Total Cereal
-  Strong Ziploc Bag
-  Cup of Warm Water
-  Strong Neodymium Magnet

### Instructions

-  Pour Total cereal into the bag until it is almost full.
-  Zip the bag and crush the cereal with your hands.
-  Fill the bag halfway with warm water, close it and mix it for 10 seconds.
-  Let the bag sit for 1 hour to soak.
-  Mix the bag again for 1 min while mashing the cereal.
-  Place the magnet under the bag and swirl the bag to collect the iron.

### How It Works

Our bodies need elements that are naturally found in the foods we eat, but sometimes we need to supplement our diets with extra elements. One of the elements our body needs is iron. Iron is commonly found in beans, spinach and in cereals such as Total. We need iron to help us absorb oxygen into our blood.