

Iron in Cereal

Section: The Chemistry of Life & Earth Sciences

Name: _____

Date: _____

Inquiry Question

Write down what you'll be learning today! What do you want to understand?

Procedure

1. In a bowl, crush 2 cups of cereal using your hands or a large spoon.
2. Pour the crushed cereal into a plastic bag.
3. Fill the plastic bag with water to about 1 inch below the seal, then seal the bag.
4. Wait a few minutes for the cereal to soften.
5. Gently shake the bag for a few minutes.
6. Hold the magnet in the palm of your hand, and place the bag horizontally on top. (Or, work in pairs and have one person hold the magnet while the other places the bag on top.)
7. Gently swirl the bag for 30 seconds with the magnet still underneath it.
8. With the magnet still pressed to the bag, gently turn the bag over so the magnet is now on top.
9. Look closely and record your observations.

Observations, Data Collection & Analysis

Write down your observations below.

1. Look closely at the cereal at the start of the experiment. What physical properties do you notice? Can you see the iron?

2. Based on the nutrition label, how much iron would you expect to find in a serving of cereal? Make an estimate of how much you will find in this experiment.

3. Describe the cereal and water mixture.

4. Carefully remove the iron from the bag using the magnet. Weigh the iron and record your results. Compare these results to the amount of iron in each serving of cereal.

5. At the end of the activity, describe what you see. Draw a picture of the iron. What physical properties do you notice?
