

Iron in Cereal

Instructions

Materials:

Iron fortified cereals such as Total or Cheerios

Sandwich bag

Water

Magnetic Stirrer

Large beaker

Stir plate

Demo Procedure:

1. Pour dry cereal into a sandwich bag. Crush the cereal with your hands to fine pieces.
2. Pour the crushed cereal into a large beaker.
3. Add a large magnetic stir bar and enough water to completely submerge the cereal.
4. Place the beaker on the stir plate and stir for 3-5 minutes.
5. Pull the magnetic stir bar out of the beaker and observe the fine iron filings gathered at the ends of the magnetic bar.

Optional activity:

If you don't have a stir plate you can simply use a large magnet. You can wrap a magnet with Saran wrap and move the magnet back and forth in a bowl of crushed cereal for a few minutes. You can pick up trace amounts of the iron filing. To better see the iron, pull the Saran wrap off of the magnet to remove the dark iron filing onto a piece of white paper.