

**DID YOU KNOW?**

Iron is the ninth most common element in the universe.

# Extract iron from cereal

Some cereals are fortified with iron – here's how to get it out again.

**TRY THIS**  
Dip the magnet into the crushed cereal and watch iron particles stick to it.

**MEET THE ELEMENTS**

Learn about the element iron, which is in your cereal.



**What you need**

- 2tbsp fortified cereal flakes
- Pestle and mortar, or a food bag and rolling pin
- Sheet of white paper
- 2 cans
- Strong magnet

**How does it work?**

Some cereals are fortified with iron because this element is an essential part of a healthy daily diet. Powdered iron is added to cereals before they are cooked. This is to make sure there is no taste and no interaction with any of the other ingredients. Cooking locks the iron into the cereal flakes. Crushing the flakes breaks them up and turns the mix into powder. This frees the iron particles from the other ingredients. The magnetic iron particles are now easily separated using a magnet.

**DID YOU KNOW?**

Humans need iron to make haemoglobin – the substance in red blood cells that carries oxygen from the lungs to the rest of the body.



**1** Crush the cereal to a powder using a pestle and mortar, or put the flakes into a food bag, seal the bag and give it a good bashing with a rolling pin.



**2** Put a piece of white paper on top of two cans. Make sure there is a gap between the cans. Sprinkle the crushed flakes on top of the paper.



**3** Pass a magnet underneath the paper. Small flecks will start to separate from the crumbs, attracted to the magnet. This is the iron that was added to your cereal.