

Eating Iron – Teacher’s Instructions

For Demonstration/Class Activity



Make Sure You Have...

Special K

Water

Bowl

Magnet/stirrer bar

Spoon

Magnifying Glass

What To Do....

1. Fill the bowl with Special K.
2. Add some water to fill the bowl with water/special K mush.
3. Stir for 2 min with the magnet/stirrer bar on the spoon.
4. Pull out the magnet on the spoon.
5. Examine the magnet with the magnifying glass.

You should notice black specs of iron filings on the magnet.

6. Wash everything up (special K gunk is best in the bin or it blocks the sink!)

What’s Happening?

The term “fortified with iron” is quite literal in some cases. Iron filings (i.e. iron metal) is added to many breakfast cereals so that the manufacturers can legitimately put the “fortified with iron” statement on the box. In fact, your body cannot adsorb solid iron so it is likely just to pass straight through you without and beneficial/harmful effect. In fact, if you have a really strong magnet and

you crush up your cereal small enough you can make the flakes move on a sheet of paper by moving the magnet underneath!

