



Hooked On SCIENCE

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NAILS FOR BREAKFAST

Ingredients

- Total Cereal
- Ziploc Bag
- Water
- Strong Magnet

Science Terms

- **Magnetism** – The force of a magnet to pull iron or steel toward itself.
- **Hemoglobin** – The part of the red blood cells that contains iron and red pigment.

Instructions

STEP 1: Pour two cups of Total cereal into the Ziploc bag.

STEP 2: Using your hands, crush the Total cereal into tiny pieces.

STEP 3: Pour water into the Ziploc bag. Using your hands, mix the water and cereal.

STEP 4: Rub the strong magnet against the Ziploc bag until you see the black pieces of iron appear.



Explanation

Total cereal contains bits of iron. Iron helps the body make hemoglobin in the blood, which carries oxygen to cells throughout the body. The average adult has enough iron inside their body to create two small nails.

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