

EXTRACTING IRON FROM CEREAL

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Teacher Notes

This experiment can be used as a classroom demonstration. If it is a demonstration, do not tell the students what is taking place other than you are investigating a breakfast cereal. Do show the students that you are placing a magnet into the cereal-water mush.

Show the students the magnet or stirring bar to initiate the class discussion. Have the box from the cereal available for the students to read the ingredients.

This experiment can be used in a discussion of the elements and their use or in a discussion of food and nutrition.

It is suggested that the experiment using Total, or other brand of iron fortified cereal, be done first. The impact of the instant oatmeal is greater after the iron has been discovered in the processed cereal.

Have students call the Consumer Departments of the cereal companies for additional information. (Generally, this information is NOT available on the Internet.)

A letter from General Mills, regarding the iron in Total cereal is available as a separate file.

My studies, and information supplied by other teachers, have shown that little or no iron dissolves in the hydrochloric acid solution.