About 99% of humans are made up of four elements carbon, hydrogen, oxygen, and nitrogen. Other elements that our bodies need little amounts of are iodine, sulfur, and iron. Some ways we get little amounts of the elements we need is from food. One way to get iron from the food we eat is breakfast cereals, which are Special K, Total, Corn Flakes, Frosted Mini Wheats, and Rice Krispies.

My hypothesis is that I believe that Frosted Mini Wheats and Total cereals will have the most iron because both cereals have 18 mg of iron per serving and Special K, Rice Krispies, and Corn Flakes only have around 12 mg of iron per serving. After choosing 50 grams of each cereal per cup with 1 cup of warm water and let it sit for one

hour, I pulled the magnet out. I then weighed the magnet on the gram weight scale to calculate how much iron was in that specific cereal.

After doing the experiment, I found out that my hypothesis was not correct. I thought it would be the two cereals with the most iron in them, but what I believe happened after testing my hypothesis, was the consistency of the Rice Krispies was thinner than the consistency of the other cereals which likely allowed more iron to get to the magnet than some of the other cereals. So, what I decided to do is re-do the experiment, but instead of adding 1 cup of warm water, I added two cups to give each cereal more of a watery consistency to allow the iron to be able to make it to the magnet more easily.

After doing the experiment a second time through, I was correct! The cereals

just needed more of a thinned consistency to allow the iron to travel to the magnet.

Overall, I learned a lot from this project that I can use in my daily life and learned more about math and thankful that God has given us such food that is healthy for our bodies. God also taught me patience as I reworked the experiment and to always try again if at first you do not succeed!

My hypothesis is that I believe that Frosted Mini Wheats and Total cereals will have the most iron because both cereals have 18mg of iron per serving and Special K and Corn Flakes only have around 12 mg of iron per serving.

Items needed:

3-5 different cereals

5 plastic cups

2 cups of warm water per cup

Gram scale

Strong magnet

ziplock bags

50 grams of each cereal

rolling pin or something to help crush up the cereal

Instructions: Weigh the cereal on a gram scale, I chose 50g of cereal, then separate each cereal into ziplock bags. Use the rolling pin on the cereal and crunch them into small bits. Pour the same cereal into each individual cup and label each cup with the corresponding name of the cereal. Pour one cup of warm water into each individual cup and place in a magnet into each cup. Let it sit for a half hour and stir without removing the magnet, then let it

sit for another half hour and pull the magnet out and weigh each magnet separately and record each weight of the added iron to come to the conclusion of which cereal has the most iron.

Results: 1 cup of warm water/50 grams of cereal

Rice Krispies – 1.60 g

Total – 0.61 g

Corn Flakes – 1.06 g

Special K – 0.75 g

Frosted Mini Wheats – 0.72 g

Results: 2 cups of warm water/50 grams of cereal

Rice Krispies – 0.51 g

Special K – 0.97 g

Frosted Mini Wheats – 1.82 g

Total – 1.84 g

Corn Flakes – 1 g

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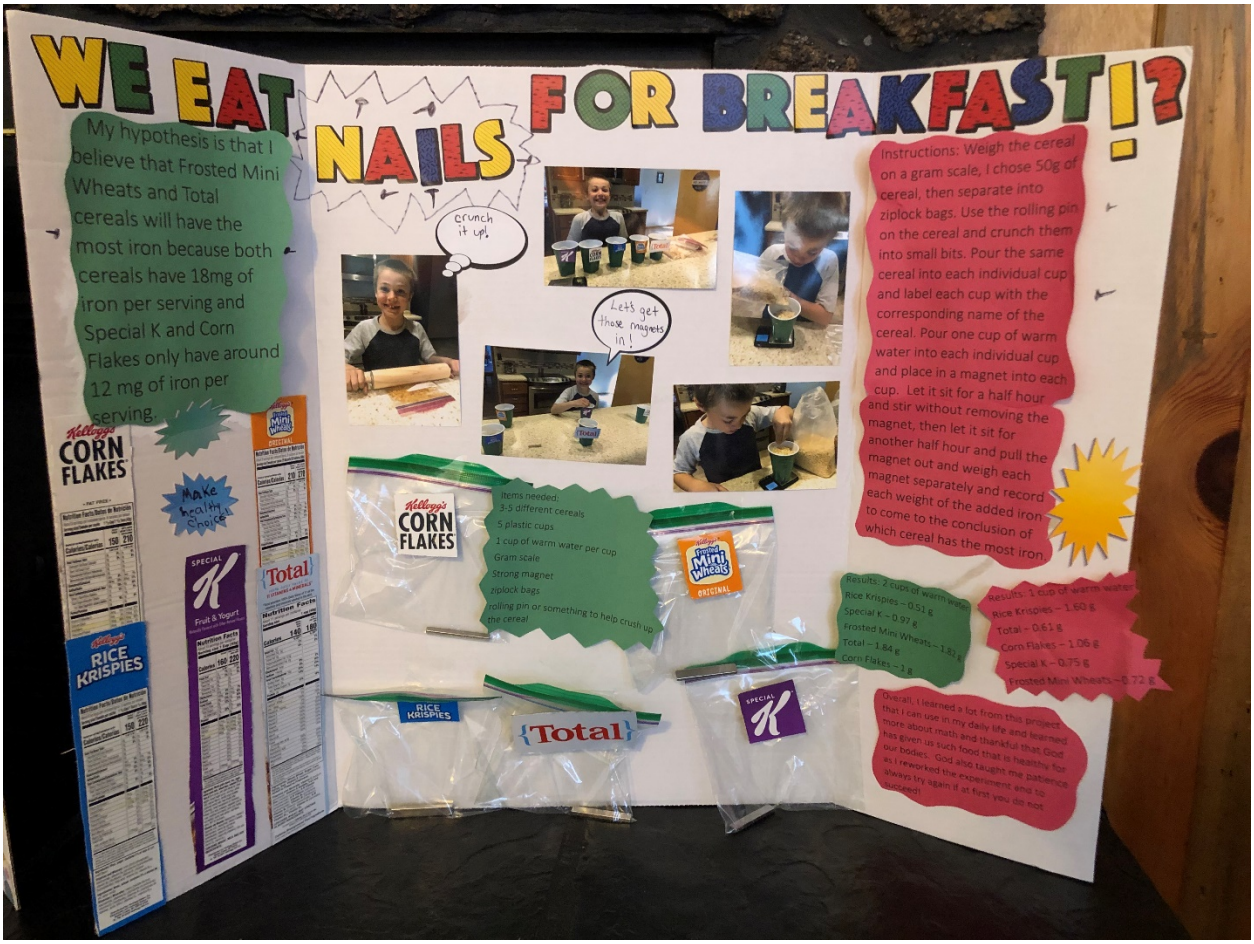
WE EAT NAILS FOR BREAKFAST!?
My hypothesis is that I believe that Frosted Mini Wheats and Total cereals will have the most iron because both cereals have 18mg of iron per serving and Special K and Corn Flakes only have around 12 mg of iron per serving.
Make healthy choices
crunch it up!
Let's get those magnets in!
Items needed:
3-5 different cereals
5 plastic cups
1 cup of warm water per cup
Gram scale
Strong magnet
ziplock bags
rolling pin or something to help crush up the cereal
Instructions: Weigh the cereal on a gram scale, I chose 50g of cereal, then separate into ziplock bags. Use the rolling pin on the cereal and crunch them into small bits. Pour the same cereal into each individual cup and label each cup with the corresponding name of the cereal. Pour one cup of warm water into each individual cup and place in a magnet into each cup. Let it sit for a half hour and stir without removing the magnet, then let it sit for another half hour and pull the magnet out and weigh each magnet separately and record each weight of the added iron to come to the conclusion of which cereal has the most iron.
Results: 2 cups of warm water
Rice Krispies – 0.51 g
Special K – 0.97 g
Frosted Mini Wheats – 1.81 g
Total – 1.84 g
Corn Flakes – 1 g
Results: 1 cup of warm water
Rice Krispies – 1.60 g
Total – 0.61 g
Corn Flakes – 1.06 g
Special K – 0.75 g
Frosted Mini Wheats – 0.72 g
Overall, I learned a lot from this project that I can use in my daily life and learned more about math and thankful that God has given us such food that is healthy for our bodies. God also taught me patience as I reworked the experiment and to always try again if at first you do not succeed!