**Extracting Iron from Cereal**

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This experiment shows, on a small but similar scale, what occurs inside of a taconite mine or plant. You can try this experiment at home or try it at school. Iron has magnetic properties and is used to separate the iron particles from the cereal mixture, much like a processing plant uses large magnets to separate the iron from non-iron bearing minerals found in a mine like quartzite, pyrite, and chert. Outside of appliances, automobiles, and infrastructure, iron plays a large role in human health. It is needed to transport oxygen throughout the body. Foods that are rich in iron include red meats, egg yolks, leafy dark-green vegetables, and iron-enriched cereals and grains. This experiment will be using iron-enriched cereal.

Ingredients:

1 cup Total Cereal (or any cereal that contains 100% DV Iron)

1 cup water

Tools needed:

Measuring cup

Clear cup or glass beaker

Spoon or stirring rod

Magnet

Blender

Combine 1 cup Total cereal and 1 cup water and blend until finer.

Pour the mixture into a clear cup

Hold the magnet to the outside of the cup while slowly stirring to grab iron

You may put a magnet in a plastic bag and dip into the mixture to grab iron filings as well