

What Do I Need

- A plastic bottle or a jar
- Water
- Food colouring - Red and Yellow
- A little salt - this represents minerals
- Cheerios or similar cereal - these will be red blood cells
- Small marshmallows - white blood cells
- Little red pom poms or bits of cotton wool rolled up or something similar for platelets



What Do I Do

Start by putting your Cheerios into a freezer bag and adding lots of red colouring - try not to make too much mess!

Leave them for a while to let the red colour soak into the cereal

Add a few drops of yellow colour to the water - this is now plasma.

Add the salt for the minerals.



When you are ready start adding the red blood cells to your plasma. **How quickly does the plasma change colour?**

Add in your white blood cells and your platelets but remember the red blood cells make up nearly half of your blood.

Send us a photo of your blood!