

**Project FOCUS  
Best Lessons  
FIFTH GRADE**

**Title of Lesson:** What's in the cereal you eat?

**Theme:** Physical Science

**Unit Number:**           **Unit Title:** electricity and Magnetism

**Performance Standard(s) Covered (enter codes):**

S5P3

**Enduring Standards (objectives of activity):**

**Habits of Mind**

- Asks questions
- Uses numbers to quantify
- Works in a group
- Uses tools to measure and view
- Looks at how parts of things are needed
- Describes and compares using physical attributes
- Observes using senses
- Draws and describes observations

**Content (key terms and topics covered):**

Minerals, elements, magnetism,

**Learning Activity (Description in Steps)**

**Abstract (limit 100 characters):** Students use a magnet in cereal to explore the minerals that are present in every day foods.

**Details:** First, put a magnet in the bowl and then pour the Total cereal in. Add two cups of hot water and stir the water and cereal for about 10 minutes. Now let it sit for about 20 more minutes before continuing . After 30 minutes has passed, take the magnet out of the bowl and you will see iron shavings that have been pulled out of the cereal.

**Materials Needed (Type and Quantity):**

1 cup of Total cereal (make sure it is this brand b/c it is iron fortified)

2 cups of hot water

Mixing bowl or glass

Spoon

White magnet (can be painted or have white tape over it)

**Notes and Tips (suggested changes, alternative methods, cautions):**

You may split the kids into groups and either prepare the bowls for them or have them go through the steps with you, have it sit, and then go on to a worksheet or something while the cereal is sitting.

**Participating themselves helps them retain the lesson better. Possible questions include: What other foods that you eat have elements in them? What kinds of elements do foods have in them and why are they in foods?**

**Sources/References:**

- 1)
- 2)
- 3)