**What is in blood?**

**What you will need:**

* Newspaper to cover an area
* Plastic protective gloves
* Small plastic bottles
* 1 Measuring jug
* Pipettes/funnel (optional)
* Water for each bottle to be 2/3 full
* yellow and food colouring
* a pinch of salt
* small white marshmallows
* small purple pompoms to represent platelets
* cheerio type cereals
* 1 Large strong zip plastic bag

**Step 1.**

Firstly make the plasma- fill the plastic bottle approximately ¾ full. Place 6 drops of yellow food colouring into the bottle of water.  Add a pinch of salt to show the minerals that are present.

**Step 2.**

Then add the red blood cells- add the cheerio type cereal. Put into a large plastic zip type bag and add a whole bottle of red food colouring-use gloves.

**Step 3.**

Ensure the cereal is covered in red food colouring by shaking the bag-ensuring it is tightly closed-gloves are a must here! Add about 20 mini white marshmallows to act as the white blood cells.

**Step 4.**

Next put 6-8 small purple pompoms into the plastic bottle. You now have a bottle of blood!