

**How to make your own**

**Step 1.**

*You need to collect all your equipment.*

*You will need:*

* Yellow and red food colouring
* A pinch of salt
* 2 cups of cheerio-type cereal
* 20 mini marshmallows
* 6 small bits of cotton wool
* A zip lock bag or container

Make sure you are wearing an apron or old clothing that you don’t mind getting stained.

I suggest you do this in your kitchen and/or on a surface that you can wipe down.

**Step 2.**

*Firstly, you need to make the* ***plasma****:*

1. Fill the plastic bottle approximately ¾ full of water.
2. Place 6 drops of yellow food colouring into the bottle of water.
3. Add a pinch of salt to show the minerals that are present.

**Step 3.**

*Then comes the bit when we add the* ***red blood cells****!*

1. Place 2 cups of the cheerio-type cereal into a large plastic zip-lock bag or container and add enough red food colouring to cover all the cereal.
2. Make sure the bag is tightly closed.
3. Shake the bag to cover the cereal in red food colouring.
4. Add the red cereal (red blood cells) into your bottle - you might want to wear gloves for this.

**Step 4.**

*Now, to add in the* ***white blood cells****. Can you remember what they do?*

1. Add about 20 mini white marshmallows into the bottle to act as the white blood cells

**Step 5.**

*Now, you need to add in your* ***platelets****.*

1. Next, put the small bits of cotton wool into the plastic bottle - these are our platelets.

**Step 6.**

1. Put the lid on the bottle and seal well.
2. Shake it up to mix all the parts of your blood.

You now have your own bottle of blood!

**Step 7.**

1. Take a photo and upload it to your Science document on Google Drive
2. Label all the different parts and add extra facts about what they do!

Please dispose of it after 2 days otherwise the cheerios will start to decompose….