

Our purpose of this experiment is to compare the iron content of Cheerios, Lucky Charms, and Honey Bunches of Oats. In addition, we will compare the iron content that we extract from the amount of iron which is reported on the cereal box. To complete our first goal, we will use a magnetic bar and stirrer to collect the iron from each type of cereal. Once the iron is collected, we will compare the three masses and determine which cereal contains the most iron. We will then compare those amounts to the recommended iron intake values based on the boxes. We think that Cheerios will have the highest iron content because it is traditionally viewed as a "healthy" cereal. Also, due to our method of collection, we predict that we will have lower iron content than those stated on the boxes.