

# Blood Cells



**Red Blood Cells:** Place 8 red hots in each red blood cell.



**White Blood Cell:** Place 1 miniature marshmallow on this white blood cell.



**Platelets:** Fill this platelet with white rice.

# Model of Human Blood Lab Teacher Instructions

This is a fun and easy lab to do with your children.



## Materials

- Cinnamon Red Hots (88 per child)
- Miniature Marshmallows (1 per child)
- Vegetable or Canola Oil (1/2 cup per child)
- White Rice (1 tsp per child)
- 8oz Water Bottle (emptied)

## Lesson

1. Talk to your children about some of the basic but very important things our blood does for us:
  - Red Blood Cells carry oxygen to our body cells. It also helps to carry the waste Carbon Dioxide from our cells and to our lungs so that we can get rid of it.
  - White Blood Cells defend our bodies from infection and diseases.
  - Platelets stop bleeding by plugging our blood vessels.
  - Plasma is the liquid that carries nutrients and blood cells through our blood vessels. It also carries waste for our body to the right organs.
2. Fill an 8oz water bottle half way with canola or vegetable oil.
3. Have your children count out the correct number of each blood cell on the "Blood Cells" sheet. This leads them to create a proportional model.
4. Once you have checked their sheet they can put the components of blood into the water bottle. And your model of blood is done! :)

## Resources:

We love this video about our blood and how it helps our bodies:

<https://www.youtube.com/watch?v=xioe5KDKqXQ>

A This video shows realistic images of the blood cells and reinforces their jobs for our bodies. <https://www.youtube.com/watch?v=VSVYgivfs9c>