

# Blood Composition

## Introduction

Watch a three-minute video, "[Operation Ouch: Red Blood Cells](#)".

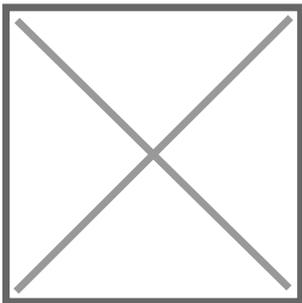
## Activity 1

Use playdough to make biconcave disks, the shape of a blood cell. Make different sizes: tiny white ones for platelets, medium red ones for red blood cells, and large white ones for white blood cells.



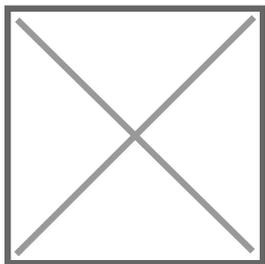
## Activity 2

Use a spoon (or tweezers, or tongs) to scoop and sort red and white blood cells (white pony beads and red perler beads respectively).



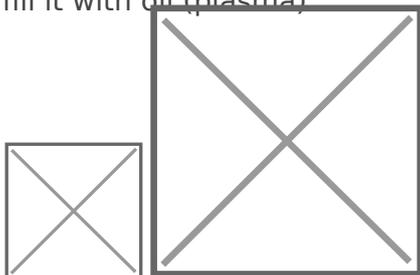
## Lunch Snack

Make blood salad: strawberries for red blood cells, banana for platelets, apples for white blood cells, grapes for bacteria and viruses, yoghurt for plasma.



## Activity 3

Make a blood composition sensory bottle. Fill it 45% of the way with red perler beads (red blood cells), add a sprinkling of white seed beads (platelets), one white pony bead (white blood cell), and fill it with oil (plasma)



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Revision #3

Created 15 November 2024 02:30:18 by Anna Pardee

Updated 16 November 2024 02:00:20 by Anna Pardee