Micronutrients and Fiber Observations:

Fiber: (What happens when Metamucil is mixed with water and sits for awhile?)

Iron: (What happens when cereal is placed in water, blended, then stirred with a magnet?)

Calcium: (What happens when a calcium tablet is put in an acid such as vinegar?)

Vitamin D and sunlight: (What happens when UV sensitive beads are put in sunlight?)

Vitamin C:

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| FOOD | Number of drops | Amount of Vitamin C |
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