

# Blood Parfait



## What You'll Need:

- 1 cup vanilla yogurt
- 1/2 cup strawberries, sliced
- 1/2 cup mini marshmallows
- 1 tablespoon sliced almonds
- A spoon
- A glass cup or container

*Note: For allergy purposes or other dietary restrictions, feel free to alter these ingredients so that they better meet your family's needs.*

## What You'll Do:

1. For this activity, you'll be making a parfait that represents the different parts in blood. Before beginning, take a moment to answer question 1 on your "What You Discovered" worksheet. Also, make sure to ask for an adult's help and permission to do this activity.
2. To start, wash your strawberries and have an adult cut them into slices.
3. Next, spoon a layer of yogurt (plasma) into the bottom of your glass container.
4. Place a layer of strawberries (red blood cells) on top of the yogurt.
5. Layer marshmallows (white blood cells) and almonds (platelets) on top of the strawberries.
6. Repeat layers until you have filled the container or used all of the supplies.
7. Enjoy your "blood" parfait while answering the rest of the questions on your "What You Discovered" worksheet.



## What Does It Mean?

Blood is an essential part of your circulatory system. Contained within your blood vessels, blood is used by the body to transport oxygen to the cells and to remove carbon dioxide. Blood consists of plasma, platelets, red blood cells, and white blood cells. Each of these parts play an important role in your health. Plasma makes blood a liquid so that it can be transported to where it needs to go. Platelets help your body repair itself after it's been hurt. Red blood cells transport oxygen to your cells. Finally, white blood cells protect your body from environmental threats. Blood is extremely important, and knowing why helps you in your efforts to stay healthy.



## What to Do Next:

- With your parent's help and permission, post a picture of your Blood Parfait on social media. Make sure to use the hashtags #doterrascienceforkids and #featureme for a chance to be featured on the dōTERRA® Science Facebook page.
- Learn how to find your pulse and see how it changes with different activities by completing the Circulatory System experiment.



## What You Discovered:

*As part of your blood parfait activity, answer the questions below.*

**1.** What are the four main parts found in blood?

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**2.** Which ingredient in your parfait represents red blood cells?

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**3.** Which ingredient in your parfait represents plasma?

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**4.** What do the marshmallows in the parfait represent?

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**5.** What do the almonds in the parfait represent?

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**6.** Why is blood important? What does it do in your body?

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