



HOPE begins with you.

PINT-SIZE HERO

## Drink-Mix Demonstration

The drink mix demonstration is a fun and interactive classroom activity. This project will educate the students on the function of blood, blood components and the need for blood.

### Materials needed:

- Large pitcher and spoon
- Small cups
- Blood posters: Red Blood Cells, Platelets, Plasma

### Ingredients needed:

- 1 large package of red sweetened fruit-flavored drink mix (Red blood cells)
- Water (Plasma)
- Ice cubes (Platelets)

### Demonstration:

- Select a lab assistant from the class. Select additional helpers if you need to make more than one gallon.
- Begin your presentation about blood using the talking points listed below.
- You can prepare the drink mix during your initial discussion or after the discussion. Reinforce how each component has a unique function.
- Have the students read the posters as each ingredient is added.
- When the recipe is complete, serve the drinks and review what the students have learned.
- After the presentation is complete, hand out the parent letters and tell the students about the upcoming blood drive. Encourage the students to invite their parents and other adults to donate blood.

### Talking points:

- One person's blood can be made into red cells, plasma and platelets. So that means one person can help up to three sick people by donating blood.
- Blood can be taken from one person and given to other people. Blood is used as medicine for people who need it for a surgery.
- Even though you are not old enough to give blood, you can ask someone to donate and be a hero!

### What is blood?

- Blood is a liquid. It is pumped through the body by the heart.

### Blood has three major jobs:

- Distributes nutrients to your body's cells so the cells can create energy
- Removes waste products from your body's cells
- Carries special blood cells

### Blood has three parts (components):

- Red blood cells
- Platelets
- Plasma

### Red blood cells

- Give your blood its red color
- Make up almost half your blood
- Carry oxygen from your lungs through the rest of your body

### Platelets

- Small, spiky particles in your blood
- Help stop bleeding by clotting together

### Plasma

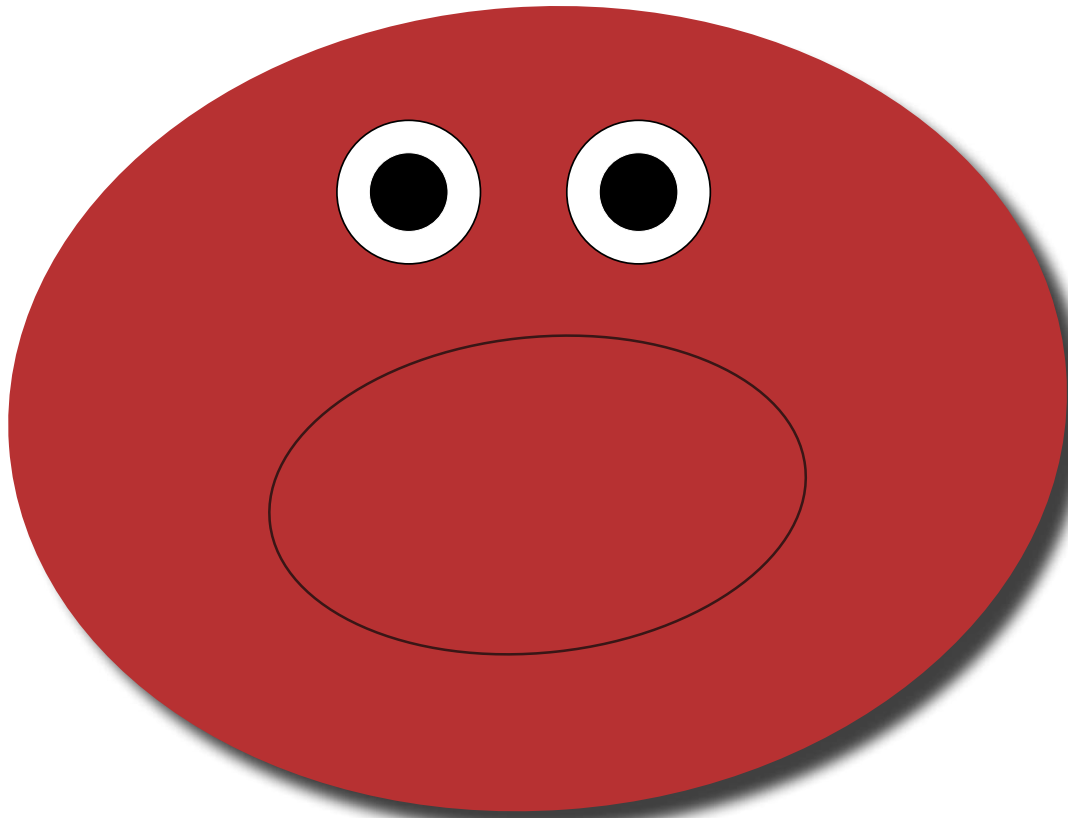
- Liquid part of your blood
- Carries red blood cells, platelets and other nutrients throughout your body



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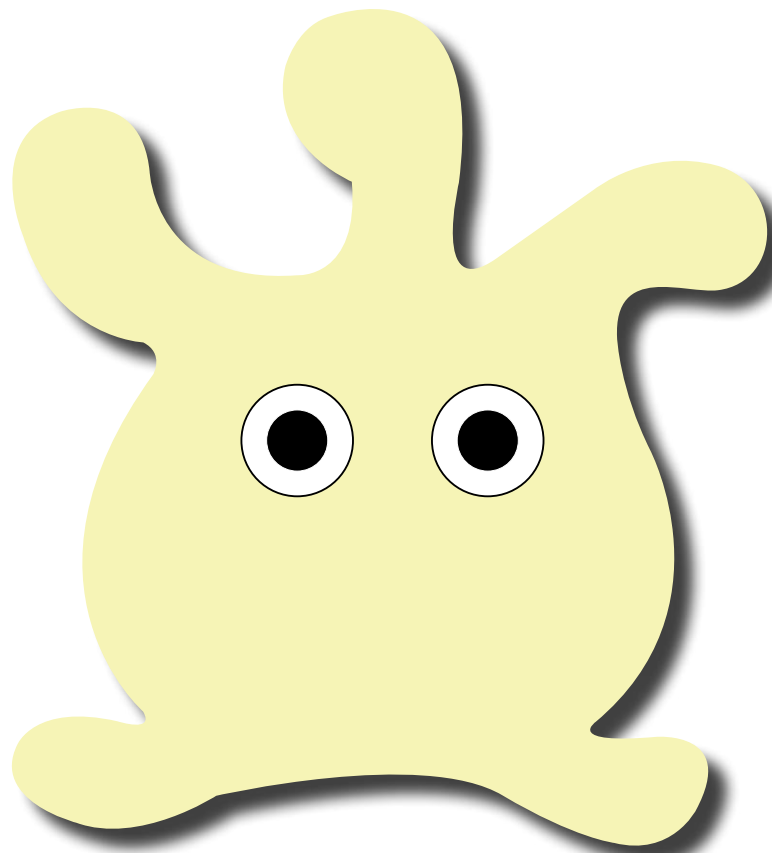


# RED BLOOD CELLS

carry oxygen to all  
parts of your body!



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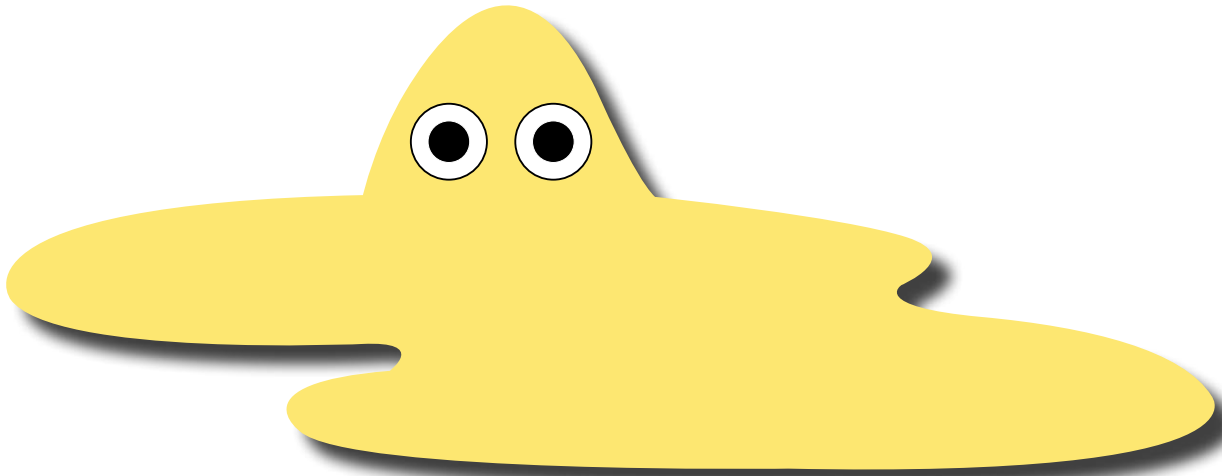


# PLATELETS

stick together like glue to  
make scabs on cuts  
and scratches!



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# PLASMA

carries food and water  
to all parts  
of your body!



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