Blood Snack

Types of Blood Cells

Vanilla Ice Cream (plasma)- Plasma holds all the blood cells together and helps to move them through the body.

Red M & M's (red blood cells)- Red blood cells carry oxygen to all parts of the body.

Pretzel sticks (fibrin)- Fibrin gather at the injured (hurt) area to start the clotting process.

Gummy treats (platelets)- Platelets stick to damaged blood vessels and form a plug.

White M & M's (white blood cells)- White blood cells help fight germs and disease.

Adapted from The KIDS Manual: Activities for Children, with Bleeding Disorders and Their Siblings.