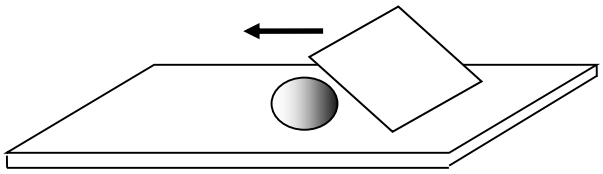
Let's look at our own cells.

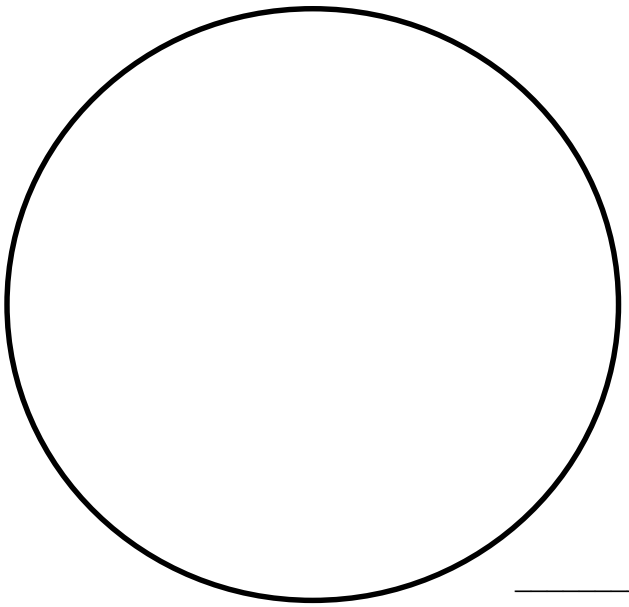
1. Obtain two clean slides. Place two drops of water in the middle of the first slide. Then place one to two drops of methylene blue in the middle of the slide unless instructed differently by your lab instructor.
2. Take a clean toothpick and **gently** scrape the inside of your cheek with the squared end of the toothpick. Gently scrape. Do not gouge. We do not want chunks of tissue or bloody students, just a few loose cheek cells.
3. Swirl the end of the toothpick with your cheek cells in the drops of water your first slide to release the cells. **Place the toothpick in the waste beaker on your lab bench.**
4. **Repeat this procedure for the second slide.**
5. Place one coverslip at a 45 degree angle on your slide with the edge just at the edge but not touching the liquid. Carefully lower the other edge of the coverslip onto the slide. This should reduce the number of air bubbles you trap under the coverslip.



6. Examine your cells that are just in water with your microscope. Draw and label what you see. Then repeat for the slide of cells with methylene blue.

Examine your unstained and stained cheek cells. Draw what you see and label **at least three cellular structures**. Observations and drawings should be made at 100x or 400x total magnification.

Unstained



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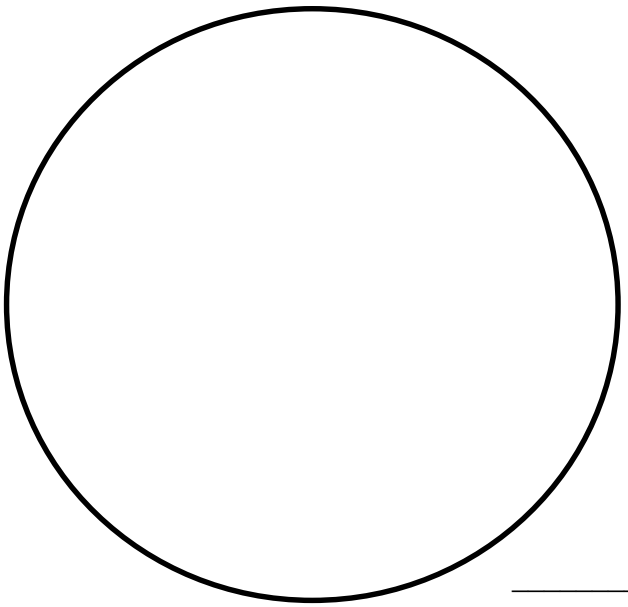
Stained



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