



Butter Making

Learn about dairy products while making your own butter.

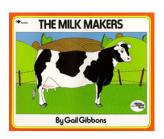
Directions

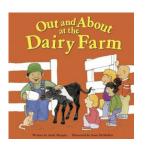
- 1. Discuss with children the importance of milk and other dairy products to our diet. Dairy products are full of vitamins which help maintain bone strength.
- 2. Discuss how butter was made historically with churns and butter presses vs how butter is made today.
- 3. Provide each child with a 2 ounce cup and lid.
- 4. Fill each portion cup 2/3 full with heavy whipping cream. Leave some air space.
- 5. Place lid tightly on portion cup.
- 6. Have students place several fingers on the lid and several on the bottom of the portion cup.
- 7. Shake vigorously until pale yellow clumps begin to form.
- 8. Butter is ready when there is a solid and a liquid. Enjoy with crackers. Explain that the remaining milk is buttermilk.

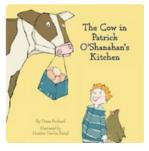
Supplies

- Heavy Whipping Cream
- 2 ounce cups with lids
- Crackers
- Plastic knife

Suggested Books







Educate. Advocate. Communicate.

