



Butter Making

Learn about dairy products while making your own butter.

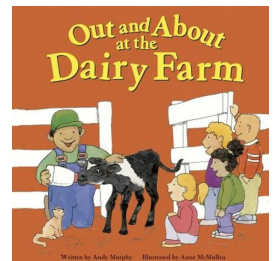
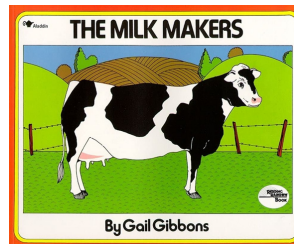
Directions

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



How to Make Butter video available:

https://youtu.be/HBDTwFRuj48?si=6tyrViwuzcTfPRa_

