



Irresistible Ice Cream

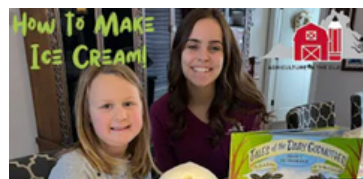
Recognize the milk in ice cream comes from dairy cows. Dairy products are full of vitamins which help maintain bone strength.

Directions

1. Explain this activity to ensure each step is done with you. Each student should have the large and small sized baggies and ingredients within groups prior to beginning.
2. Fill the large bag full of ice and add 6 tablespoons of rock salt. Seal the bag.
3. Put a $\frac{1}{2}$ cup of milk, $\frac{1}{4}$ teaspoon of vanilla, and 1 tablespoon of sugar into the small bag and seal it.
4. Place the small bag inside the large one and seal it again carefully.
5. Shake the bag until the mixture is ice cream, which takes about 5 minutes. (This will be very cold so you may want to have children use paper towels to hold the bags.)
6. Wipe off the top of the bag, open, and enjoy!

Supplies

- Gallon sized baggies
- Pint sized baggies
- Ice
- Vanilla Sugar
- Milk
- Rock salt
- Spoons
- Napkins
- All ingredients should be enough for each student to use
- TIP: Watch our How to Make Ice Cream tutorial video on the website prior to meeting with your group



Suggested Books

