

Irresistible Ice Cream

Dairy cows provide milk for people to drink, but it also goes into other kinds of food like cheese, yogurt, butter, and ice cream. In this activity, students will be learning where milk comes from and how it is an ingredient in ice cream. After reading the book, the students will make ice cream, whether you want them to do it individually with your guidance or make one big portion for the class to participate in the making.

You will need:

Gallon sized baggies

Pint sized baggies

Ice

Vanilla

Sugar

Milk

Rock salt

*all ingredients should be enough for each student to use

Spoons

Napkins

How to:

1. Discuss with children how ice cream is made and how the milk in ice cream comes from dairy cows. Dairy products are full of vitamins which help maintain bone strength.
2. Work with children as you explain this activity and make sure they do each step with you so everybody is on the right track. Each student should have the large and small sized baggies and ingredients within groups.
3. Fill the large bag full of ice and add 6 tablespoons of rock salt. Seal the bag.
4. Put a ½ cup of milk, ¼ teaspoon of vanilla, and 1 tablespoon of sugar into the small bag and seal it.
5. Place the small bag inside the large one and seal it again carefully.
6. 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.)
7. Wipe off the top of the bag, open, and enjoy!

Suggested Books:

Cow by Jules Older

Milk to Ice Cream by Inez Snyder

Ice Cream: The Full Scoop by Gail Gibbons

