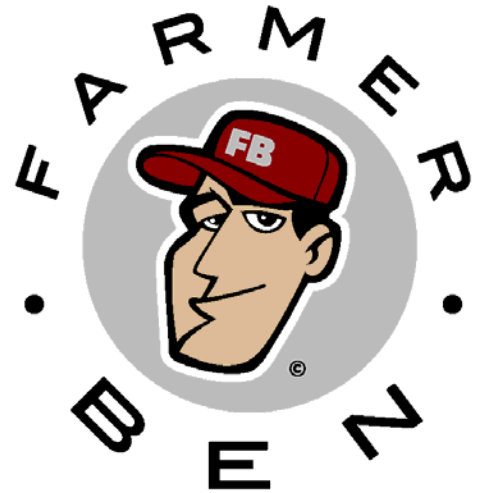


## Butter Making

Provide children with an opportunity to learn about dairy products. Not only do we drink the milk from dairy cows and milk goats but the milk can also be turned into other delicious foods. Cheese, ice cream, yogurt, and butter are a few examples of daily products we enjoy.



### You will need:

Heavy Whipping Cream  
2 ounce cups with lids  
Crackers  
Plastic knife

### How to:

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.
3. Discuss how butter is made today
4. Have the children make their own butter. Provide each child with a 2 ounce cup and lid.
5. Fill each portion cup 2/3 full with heavy whipping cream. Leave some air space.
6. Place lid tightly on portion cup.
7. Have students place several fingers on the lid and several on the bottom of the portion cup.
8. Shake vigorously until pale yellow clumps begin to form.
9. Butter is ready when there is a solid and a liquid. Enjoy with crackers.
10. Explain that the remaining milk is buttermilk.

### Suggested Books:

*The Milk Makers* by Gail Gibbons  
*Out and About on a Dairy Farm* by Andy Murphy

Farmer Ben Educational Activities developed by Virginia Agriculture in the Classroom, a program of the Virginia Farm Bureau.



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