

## Irresistible Ice Cream



Learning about science should include a lot of hands-on experiments for children. When they can touch, smell, hear, or taste something they are learning about, they are able to fully understand the changes elements can go through. Hands-on experiments also bring a lot of fun to the group and grab the children's attention when necessary.

### 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  $\frac{1}{2}$  cup of milk,  $\frac{1}{4}$  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