



Investigate States of Matter by Making ICE CREAM in a Bag

Making ice cream is a fun way to learn about science while enjoying nutritious dairy products.

INGREDIENTS:

- 1/2 cup milk
- 1/2 cup cream
- 2 Tbsp. sugar
- 1/2 tsp. vanilla extract

1

Mix ingredients and pour into a heavy-duty, quart-sized freezer bag. Squeeze air out and seal tightly.

Salt lowers the temperature of ice to help the milk and cream freeze faster.



Place 4 cups of ice into a heavy-duty, gallon-sized freezer bag. Add 4-6 tablespoons of salt into the ice.

2

Freezing a liquid creates ice crystals. Fast freezing creates smaller ice crystals. Smaller crystals make smoother ice cream.



3

Place the small bag inside the large bag, squeeze out the air, and seal tightly.

Put on winter gloves and shake for 5 to 10 minutes.

4

5

Remove the small bag and rinse off the salt before opening to scoop out your homemade ice cream!



Since ice cream is made with milk, it is full of protein, vitamins, and minerals!



Visit www.teachkyag.org or www.southeastdairy.org for more information.