



LET'S MAKE ICE CREAM

Use milk and whipping cream to make ice cream



GRADES K-1

MATERIALS

- medium mixing bowls
- 3 pound coffee can with lid
- 13 oz. coffee can with lid
- ice
- rock salt
- one egg
- 1 1/3 cup whole milk
- 2/3 cup whipping cream
- 2 tsp. vanilla extract
- 1/8 tsp. salt

STANDARDS

- SCI.K.1
- SCI.1.4.1

OBJECTIVE

- Students will learn the process of making ice cream from milk and whipping cream.

BACKGROUND INFORMATION

- Many early farms were entirely self-sufficient. Farmers fed themselves with the meat, dairy, and crops they raised on their farms, as well as what they could make from those ingredients.
- Ice cream is made by freezing the water around the ice cream, so that it is cold enough to freeze the ice cream but warm enough to not turn the ice cream into a block of ice.

PROCEDURE

- Have the students beat an egg until it is foamy in the mixing bowl.
- Have students gradually add sugar and beat until thickened.
- Have students add milk, cream, vanilla, and salt, then chill thoroughly.
- Have the students help fill the 13 oz. can 1/2 full of chilled mix and place the lid on the can.
- Have the students place the 13 oz. can inside the 3 pound can and surround the smaller can with ice and rock salt (use 4 parts ice to 1 part rock salt) and place the lid on the can.
- Have the students take turns tipping the container onto its side and rolling it back and forth briskly for 20-25 minutes. Make sure to replace the ice as necessary.
- Have the students help check the consistency of the ice cream periodically until it is firm.

RECOMMENDED ASSESSMENT

- Ensure each student is taking turns to tip the container and rolling it back and forth.

