

ICE CREAM IN A BAG ACTIVITY

USE BAGS TO MAKE A DAIRY TREAT

Ice cream freezes at -6 degrees C (21 degrees F). Ice cream can be made in the classroom with the understanding that the freezing point of water is actually lowered by adding salt to the ice between the bag walls. Heat energy is transferred easily from the milk through the plastic bag to the salty ice water causing the ice to melt. As it does so, the water in the milk freezes, resulting in ice cream.

MATERIALS:

- 1/4 cup sugar
- 1/2 teaspoon vanilla extract
- 1 cup milk
- 1 cup whipping cream, half & half
- crushed ice (1 bag of ice will freeze 3 bags of ice cream)
- 1 cup rock salt (approximately 8 cups per 5 lbs.)
- 1 quart and 1 gallon size Ziploc® freezer bags (1 find Ziplocs are stronger & work best)
- Duct tape
- Bath towel

PROCEDURE

1. Put the milk, whipping cream, sugar, and vanilla in a 1 quart freezer bag and seal. For security, fold a piece of duct tape over the seal.
2. Place the bag with the ingredients inside a gallon freezer bag.
3. Pack the larger bag with crushed ice around the smaller bag. Pour 3/4 to 1 cup of salt evenly over the ice.
4. Wrap in a bath towel and shake for 10 minutes. Open the outer bag and remove the inner bag with the ingredients. Wipe off the bag to be sure salt water doesn't get into the ice cream.
5. Cut the top off and spoon into cups.
6. Makes about 3 cups. (1 bag will serve 4 students)
7. Serve plain or top with nuts, coconut or fruit. ENJOY!

OTHER RESOURCES:



AFBF Dairy Ag Mag, set of 30

Features dairy products, nutrition found in dairy products, dairy processing, homogenization, pasteurization and dairy breeds dairy trivia. The career corner features a producer, a dairy plant manager and dairy scientists



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