

# EASY ICE CREAM

MAKE YOUR MILK A FROZEN TREAT!

## SUPPLIES:

 Zip-top bags: 2 quart-sized + 1 gallon-sized

 ¼ cup cream

 ¼ cup milk

 1 tbsp sugar

 ¾ tsp vanilla extract

 4-5 cups ice

 1/3 cup salt (rock salt or large granules works best)

 OPTIONAL: Your favorite ice cream toppings  
(cookies, fruit, sprinkles, whipped cream, etc.)

## INSTRUCTIONS:

### 1. BAG IT!

Pour the cream, milk, sugar and vanilla extract into one quart-sized bag and seal.

TIP: Double bag to avoid spills.

### 2. ICE IT!

Add the ice and salt to the gallon-sized bag, then put the quart-sized bag into the bag of ice.

### 3. SHAKE IT!

Seal the bag, and shake for 5 to 10 minutes. Remove the quart-sized bag, and throw away the gallon bag.

### 4. TOP IT!

OPTIONAL: Spoon into a bowl, add your favorite toppings to your ice cream and enjoy!





# EXPLAIN IT!

**ADDING SALT TO ICE LOWERS ITS FREEZING POINT, WHICH MAKES IT COLDER THAN ICE ON ITS OWN. THIS IS KEY TO HELPING THE MILK AND CREAM MIXTURE FREEZE. BY SHAKING IT, YOU'RE HELPING ALL PARTS OF THE MIXTURE FREEZE EVENLY, WHICH GIVES THE ICE CREAM ITS SMOOTH TEXTURE!**

**1. WHAT STATE OF MATTER DID THE MILK START IN?**

- A. LIQUID**
- B. SOLID**
- C. GAS**

**2. WHAT STATE OF MATTER DID THE MILK END IN?**

- A. LIQUID**
- B. SOLID**
- C. GAS**

**3. WHAT STATE OF MATTER IS ICE CREAM?**

- A. LIQUID**
- B. SOLID**
- C. GAS**

Answers: 1. A, 2. B, 3. B