

HOW TO MAKE ICE CREAM IN A BAG

Ingredients: 1/2 cup milk, 1/2 tsp. vanilla, 1 tbsp. sugar, 1/3 cup rock salt, 4 cups crushed ice

Materials: 2 quart size Ziploc bags, 1 gallon size Ziploc bag, paper towels

Step 1	Mix the milk, vanilla and sugar together in a quart size bag. Seal the bag tightly and make sure there is no air inside. Tip: Double bag to avoid spills.
Step 2	Put the quart bag inside a gallon bag and fill the gallon bag with ice and salt. Seal the bag tightly and wrap in a towel.
Step 3	Shake the bag for 4-5 minutes.
Step 4	Remove the quart size bag and throw away the gallon size bag.
Step 5	Spoon into a bowl and enjoy this delicious dairy treat! Add fresh blueberries for added nutrients!

SCIENCE BREAK: Changes in Matter

1. What state of matter did the milk start in?
 - a. Liquid
 - b. Solid
2. What state of matter did the milk end in?
 - a. Liquid
 - b. Solid
3. What state of matter is the ice cream?
 - a. Liquid
 - b. Solid
4. What did the salt do to the temperature of the ice?
5. Name one liquid and one solid state of matter used to make the ice cream.
6. Why is it important to eat dairy products every day?

