

HOW TO MAKE ICE CREAM IN A BAG

INGREDIENTS

1/2 cup Milk
1/2 tsp. Vanilla
1 TBSP Sugar
1/3 cup Salt
4 cups crushed ice

Materials

2 quart size Zip-loc bags
1 gallon size Zip-lock bag
Hand towel or 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 bag inside a gallon bag and fill the 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 berries for added nutrients!



For additional resources visit
www.floridamilk.com

SCIENCE BREAK: CHANGES IN MATTER

What state of matter did the milk start in?
a. Liquid
b. Solid



What state of matter did the milk end in?
a. Liquid
b. Solid

What state of matter is ice cream?
a. Liquid
b. Solid



Name the 4 ingredients we used to make the ice cream.



Name one liquid and one solid state of matter used to make the ice cream?

Bonus Question:
Why is important to eat dairy products every day?



**DAIRY COUNCIL
OF FLORIDA**