Grocery List

- ☐ milk
- ☐ sugar
- ☐ vanilla
- ☐ ice
- ☐ salt
- ☐ round crackers
- ☐ filling spread
- ☐ pretzel sticks
- ☐ raisins
- ☐
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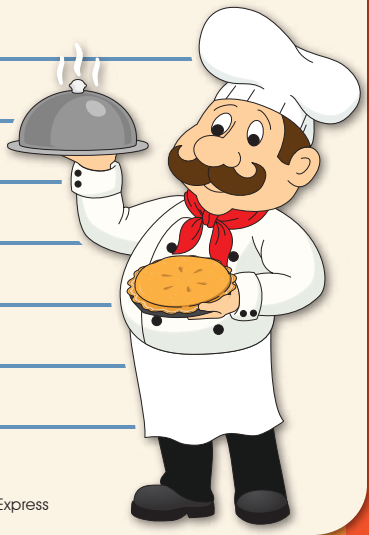

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Homemade Ice Cream

Ingredients (per 2 children):

1 cup whole milk
1 tbsp sugar
1/2 tsp vanilla

2 cups ice
7 tbsp salt

Making ice cream is a complex scientific process! Explain that salt doesn't belong in the ice cream. Instead, it is used to lower the temperature of ice so the mixture can freeze. Demonstrate this by filling two 16 oz. metal cans with ice cubes. Stir seven tablespoons of salt into one of the cans, and let both cans rest for about five minutes. Examine the outside of the cans. What happened? The salt-free can has a build-up of water (condensation). The can with the salt is covered with frost. Salt lowers the temperature of the ice.

Divide children into pairs. Give each pair a quart sized zippered freezer bag, and fill it with one cup of whole milk, one tablespoon sugar, and 1/2 tsp. vanilla. Place each small bag in a gallon-sized bag filled with two cups of ice and seven tablespoons of salt. Seal the gallon bag and place it in another gallon bag (to protect from vigorous shakers in your group!), sealing it also. Wrap each in a towel, if desired. Ask children to take turns vigorously shaking the bag. Explain that the shaking action will fluff the ice cream while it freezes. After five to ten minutes of shaking, remove the smaller bag and scoop it into bowls for the children to enjoy.

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Turtle Snacks

Ingredients:

round crackers
filling spread (cream cheese, peanut butter or alternative)
pretzel sticks
raisins

Give each child a paper plate. For each turtle, have children take two crackers, two pretzel sticks, and one raisin. Give each child a plastic knife, and have children spread the filling over both crackers. Place two pretzel sticks across one of the crackers so the ends extend off the cracker. These will serve as turtle legs. Add one raisin to the front of the cracker as the turtle's head. Press the second cracker on top of the pretzel sticks to represent the top of the turtle shell.

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