




DIY

Ice Cream



Materials

-  Half & Half
-  Heavy Cream
-  Sugar
-  Vanilla Extract
-  Rock Salt
-  Ice
-  Large Ziplock Bag
-  Small Ziplock bag

Click play to follow along with our educators!



Students will use basic kitchen ingredients and rock salt to make ice cream at home.

6th - 8th
Grade

Directions

Once you have all of the materials gathered, start off by making the ice cream mix in the smaller ziplock bag. You need:

1 cup of Half & Half

¼ cup Heavy Cream

2 tablespoons of Sugar

½ tablespoon Vanilla Extract

Now that you have the ingredients together, **MAKE SURE YOU SEAL THE ZIPLOCK COMPLETELY!** Failure to do so will result in quite a mess. In the larger ziplock bag, you will add about 3 cups of ice, ⅓ cup of rock salt, and the smaller ziplock bag with your ice cream mixture. Squeeze out any excess air and seal the large ziplock bag. If there are no leaks in your bag, go ahead and shake it for about 3-5 minutes, take out your ice cream, and enjoy!

The Science

When salt and ice are mixed together, it lowers the freezing point of ice, depending on how much salt is used. The more salt you add, the lower the freezing point will be. Water normally freezes at about 32°F(0°C) but with a high percentage of salt added to it, that number will be much lower. This allows for the temperature of the ice mixture to be cold enough to begin solidifying the ingredients of our ice cream. By shaking the bag, you allow the cream mixture to freeze evenly and you make a smoother product.

