Freeze Cream
Making ice cream in a bag!

You will need:
• large (for example, gallon-size [4 liters]) zip-seal bag
• small (sandwich or quart-size [1 liter]) zip-seal bag
• newspaper
• ice cubes
• 1 cup (approx. 250 milliliters) whole milk or half and half
• 1 cup (approx. 290 grams) coarse salt
• 1 # tablespoons (approx. 19 grams) sugar
• # teaspoon (approx. 1 milliliter) vanilla extract
• lots of spoons

Introduction:
Chemical reactions are involved in most recipes in the kitchen. Many of the foods we eat are the result of science in action. Here's an experiment that results in a sweet treat.

Procedures:
1. Pour the milk, sugar, and vanilla into the small zip-seal bag.
2. Seal and gently squeeze the bag to mix the contents.
3. Pour ice and salt into the large zip-seal bag.
4. Place the small bag into the large bag.
5. Seal the large bag.
6. Roll the large bag in newspaper and twist the ends closed like a
candy wrapper.

7. Shake, twist, and roll the newspaper around for 20 minutes. Be careful to keep the bag inside the newspaper. (You may want to do this with a friend or your arms may get tired.)

8. The ice cream should be ready to eat! (If not, empty the melted water, add more ice and salt to the large bag, and shake again.)

9. The salt helped to melt the ice quickly and take the heat out of the ingredients. What a delicious activity!