



Shake the Ice Cream

Shake an ice-and-salt bag and watch an ice-cream mixture thicken.

Helps Your Child Grow



Scientific Inquiry

Making ice cream lets your child feel changes in temperature and texture while practicing science words such as “ice” and “freeze” in discussion.

Steps

- On a warm day, use ice and salt to turn a liquid mixture into a small batch of ice cream without a machine.
- Pour milk, cream, and sugar into a sealed bag, using about twice as much milk as cream. Fill only about one-third of the bag and seal it.
- Divide ice between two larger bags. Add salt to one, shake it, and compare how the two bags feel.
- Place the sealed ingredient bag inside the salted ice bag. Let your child knead and shake it while watching for the mixture to thicken.
- If “solidify” is unfamiliar, explain, “The liquid mixture becomes firm ice cream.”
- Keep shaking and feel how the mixture changes. Your child may notice when it becomes thicker and firmer.
- Explain simply, “The salted ice made the mixture cold enough to freeze into ice cream.”

Tips

- Your child does not need a detailed explanation of freezing-point depression. “Salt makes the ice colder, so the mixture freezes more easily” is enough for this activity.

Observations

- ☐ Feels the bag and describes how the liquid mixture becomes colder, thicker, or firmer
- ☐ Keeps shaking and waiting while the mixture turns into ice cream