

# What You Will Need

## **Equipment:**

### **amount needed PER CHILD**

zip-type plastic bags—pint AND gallon—be sure they are high quality freezer-type to prevent leaks

rock salt - 3/8 cup

ice cubes - approximately gallon bag full for each child

bowl or cup

spoon

paper napkin

## **Ingredients:**

### **amount needed PER CHILD**

1 tablespoon sugar

1/4 teaspoon vanilla extract

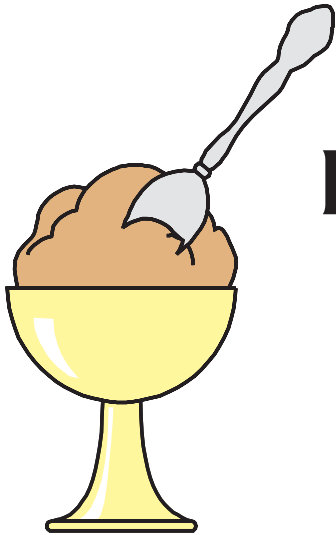
1 to 2 tablespoons soft fruit, such as pureed fresh strawberries

1/2 cup milk—can be whole, 2% or 1%

## **Other Possible Activities:**

- Make a fruit smoothie with yogurt or ice cream – discuss fruit and milk group benefits
- Have a banana split party – consider using yogurt, frozen yogurt or cottage cheese instead of ice cream. Use a variety of seasonal (fresh or canned) fruit toppings.
- Use cookie cutters to make shaped sandwiches from cheese slices and bread. Encourage “gobbling up” the trimmings!
- Make instant pudding using a shaker – serve in ice cream cones!





# Ice Cream in a Bag

**1 serving**

**1** tablespoon sugar  
**1/4** teaspoon vanilla extract  
**1 - 2** tablespoons soft fruit  
**1/2** cup whole milk

**To be put in outer bag only:**  
**3/8** cup rock salt  
**ice cubes**

Put sugar in a pint zip-type bag. Add vanilla and soft fruit. Seal the bag tightly. Mix well by squeezing with your fingers, until everything is combined.

Open your bag. Add milk. Seal the bag again. Mix until everything is combined.

Open a gallon zip-type bag, and put 3/8 cup rock salt into it. **NOT IN THE SMALL BAG!** Fill the gallon bag halfway full with ice cubes.

Put the pint bag inside the gallon bag and seal the gallon bag tightly. Shake the bag for 5 to 10 minutes, or until the liquid has changed to ice cream.\* Eat with a spoon.

\*This activity works well with pairs of children due to portion size and contact with icy ingredients.

| <b>Nutrition Facts</b>            |                      |
|-----------------------------------|----------------------|
| Serving Size approx. 1 cup (165g) |                      |
| Servings Per Container 1          |                      |
| <b>Amount Per Serving</b>         |                      |
| <b>Calories</b> 140               | Calories from Fat 40 |
| <b>% Daily Value*</b>             |                      |
| <b>Total Fat</b> 4g               | 6%                   |
| Saturated Fat 2.5g                | 13%                  |
| <b>Cholesterol</b> 15mg           | 6%                   |
| <b>Sodium</b> 60mg                | 3%                   |
| <b>Total Carbohydrate</b> 20g     | 7%                   |
| Dietary Fiber less than 1 gram    | 3%                   |
| Sugars 19g                        |                      |
| <b>Protein</b> 4g                 |                      |
| Vitamin A 4%                      | Vitamin C 30%        |
| Calcium 15%                       | Iron 2%              |

\*Percent Daily Values are based on a 2,000 calorie diet.