



Salt Ice Cream

Materials:

- 1 cup half and half
 - 1 teaspoon vanilla extract
 - 2 tablespoons sugar
 - A quart size ziploc bag
 - A Gallon Size ziploc bag
 - ½ cup rock salt
 - Ice
 - Mittens or towel
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Activity:

- Watch the video on how to make this on my Instagram @stream.warriors or on youtube by [clicking here](#)
 - In a quart size ziploc bag, combine half and half, vanilla, and sugar.
 - Optional: add chocolate syrup to make chocolate ice cream (or any other flavor syrup for that matter!)
 - Push out excess air and seal.
 - Fill a gallon size zip-top bag halfway full of ice. Add the rock salt. Place the quart size bag with the yumminess inside and seal the top.
 - Get your kids energy out and have them shake for 10 to 15 minutes, until the ice cream has set up and thickened.
 - The bag will get very cold! Have your kiddos' mittens ready
 - Remove the ice cream-filled bag from the ice and wipe the bag clean of salt.
 - Pour into to small bowls (or right out of the bag!) and enjoy!
 - Bonus: Make a shape out of sprinkles on top before chowing down!
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Explanation:

- Multiple things are happening here! Remember the salt and ice experiment from last week? Salt lowers the freezing point of the ice. When you add salt to the ice, more energy is needed to melt it. Therefore, more energy is absorbed from the ingredients. This cools them enough to freeze them into a solid. Which happily creates the yummy end product of ice cream.
- Also, ice absorbs energy as it melts. As it does the water changes from a solid to a liquid. In this experiment the ice absorbs the energy from the ingredients of the ice cream. It also absorbs energy from the outside environment (like your hands). This energy transfer cools the ingredients and makes the bag feel cold. Heat moves from an object at a higher temperature to

an object of a lower temperature. The refrigerated ingredients for the ice cream may be cool, but they are still warmer than the ice. So the heat is going to flow from the ingredients to the ice.