



Ingredients: Cold heavy whipping cream (1 pint per class), Salted crackers

Materials: Tablespoon, 1 oz. plastic cups with lid (1 per student)

Step 1	Pour two tablespoons of heavy cream into each portion cup, place lid on each and distribute to students.
Step 2	Shake container until butter forms a soft lump. Continue to shake until buttermilk separates out of the lump and the container contains a solid lump of butter and liquid buttermilk. The process should take 3-5 minutes.
Step 3	Pour off or drink the buttermilk and enjoy the butter with crackers!

SCIENCE BREAK: What do you see?

1. As you shake the cream in the jar, what is happening to the volume?
  - a. Volume is increasing
  - b. Volume is decreasing
2. Stop shaking after two minutes and open the lid. What do you see?
  - a. Skim milk
  - b. Whipped cream
3. How does the cream become whipped cream?
  - a. By shaking air into the cream
  - b. By adding sugar into the cream
4. What states of matter are the two final products in your cup?
  - a. Gas and Solid
  - b. Liquid and Solid
5. How does the whipped cream become butter?
  - A. Agitation until whipped cream turns into a solid and liquid.
  - B. By heating and cooling the whipped cream.
6. What three important vitamins can you find in butter and other dairy products that help keep our bodies and bones healthy?