

Butter Making



Learning Goals: Learn how liquids change to solids.

Introduction

Provide children with an opportunity to learn about dairy products. Adults can explain how milk comes from cattle and even goats. Not only do we drink the milk but the milk can also be turned into other delicious foods. Cheese, ice cream, yogurt, and butter are a few examples of daily products we enjoy.

So much of food preparation and cooking gives children an opportunity to see and understand transformations. Here's a way children can see how a liquid can change into a solid.

Materials

- ◆ Heavy Whipping Cream
- ◆ 2 ounce cups with lids
- ◆ Crackers
- ◆ Plastic knife

How to

1. Discuss with children the importance of milk and other dairy products to our diet. Dairy products are full of vitamins which help maintain bone strength.
2. Discuss how butter was made historically with churns and butter presses.
3. Discuss how butter is made today (again generate a timeline to show the sequence of butter making today)
4. Have the children make their own butter. Provide each child with a 2 ounce cup and lid.
5. Fill each portion cup 2/3 full with heavy whipping cream. Leave some air space.
6. Place lid tightly on portion cup.
7. Have students place several fingers on the lid and several on the bottom of the portion cup.
8. Shake vigorously until pale yellow clumps begin to form.
9. Butter is ready when there is a solid and a liquid. Enjoy with crackers.
10. Explain that the remaining milk is buttermilk.

Suggestions for the classroom

Add salt to cream, does this affect the rate of change?

If one is available show children how to use a hand churn or an electric churn.

To learn more about agriculture in Virginia visit Farm Bureau on the web at www.vafb.com.