



FUN FROZEN YOGURT

TYPE OF ACTIVITY: Science

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will practice measuring the ingredients.
- › Children will identify frozen yogurt as a dairy food.
- › Children will use gross motor skills to shake or roll the coffee can.

MATERIALS:

- › 1 quart half & half or milk
- › 1 tablespoon vanilla
- › ¾ cup and 2 tablespoons sugar
- › 4 cups low-fat yogurt
- › Measuring cups and spoons
- › Small coffee can (1 lb.) with lid*
- › Large coffee can (3 lb.) with lid*
- › Ice
- › 1 cup rock salt
- › Cups
- › Spoons
- › Duct tape



*If you don't have coffee cans, place the yogurt mixture in a quart-sized zippered bag and place it inside a gallon-sized zippered bag with the ice and rock salt. Tape the zippered bags closed.

PROCEDURE:

1. Introduce the activity to a small group of children. Suggested phrases:
 - a. *Has anyone ever tasted frozen yogurt?*
 - b. *Did you know you can make homemade frozen yogurt in cans (or bags)?*
 - c. *Can anyone tell me which food group includes frozen yogurt is in? It is the same one as cheese and milk.*
2. Let children help measure, add, and mix the ingredients in the smaller coffee can. Use duct tape to seal the can before placing it in the larger can. Suggested phrases:
 - a. *Why do we measure the ingredients before adding them to the can?*
 - b. *When we measure the right amounts of everything, the ingredients come together to make frozen yogurt.*
 - c. *Do you think the yogurt would still taste good if you didn't measure out the right amount of ingredients?*
3. Place the smaller can inside the larger one. Have children fill the large can with as much ice

as you can. Have a child add the rock salt. Put the lid on the can and seal it with duct tape. Suggested phrases:

- a. *Does anyone know why we need ice to make the frozen yogurt? It needs to be cold in order to freeze.*
 - b. *Where do you usually find ice in your house? That's right, the freezer.*
 - c. *Why do you add salt? When you add salt to the ice, it makes the ice colder. This helps our yogurt freeze while it is in the can.*
4. Encourage everyone to form a small circle. Explain that everyone will take turns rolling the can to mix and freeze all of the ingredients. Suggested phrases:
- a. *When you roll the can around, that helps mix up the ingredients.*
 - b. *Touch the can. How does it feel?*
 - c. *How long do you think it will take to freeze the frozen yogurt?*
5. Roll the can around for about 15 minutes, or until the yogurt is frozen. Consider using music to make the time go more quickly, or dividing into teams and taking turns. Teachers may want to consider having a "dance and shake" time when the teacher picks up the can and shakes it, while the children dance around. Encourage children to shake the can too.
6. Remove the duct tape. Be careful not to let any salty water into the smaller can. If the yogurt is not frozen, you may need to roll it around a little longer. Allow the children to taste the yogurt. Talk about the results. Suggested phrases:
- a. *What does the yogurt taste like?*
 - b. *Is it cold? Is it creamy?*

ADAPTATIONS/EXTENSIONS:

Ice cream in individual bags: Make individual ice cream by placing $\frac{1}{4}$ cup milk, $\frac{1}{4}$ teaspoon vanilla, and 1 tablespoon sugar in a small (sandwich-sized) zippered bag. Tape the bag shut and place it in a quart-sized bag with 6 tablespoons rock salt and ice. Seal the outer bag with tape. Smaller bags will make a single serving in about 10 minutes and can be eaten directly out of the bag.

Adding fruit or nuts: If you want to add fruit or nuts to the frozen yogurt, roll the can back and forth for about 15 minutes. Open the large can and pour out the ice, water, and salt. Take the smaller can out, mix the yogurt, and add the additional ingredients. Repack the smaller can inside the larger can. Refill the larger can with fresh ice and salt, and continue to roll the can back and forth for 10 more minutes.

FUN FROZEN YOGURT, KIDS RECIPE

INGREDIENTS



1 QUART MILK



ICE



YOGURT



ROCK SALT



SUGAR



TABLESPOON



VANILLA



CUPS



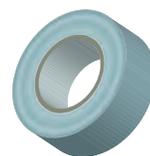
LARGE COFFEE CAN



SPOONS



SMALL COFFEE CAN



DUCT TAPE

Day 6: Dairy

For more activities, visit eathealthybeactive.net

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INSTRUCTIONS



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