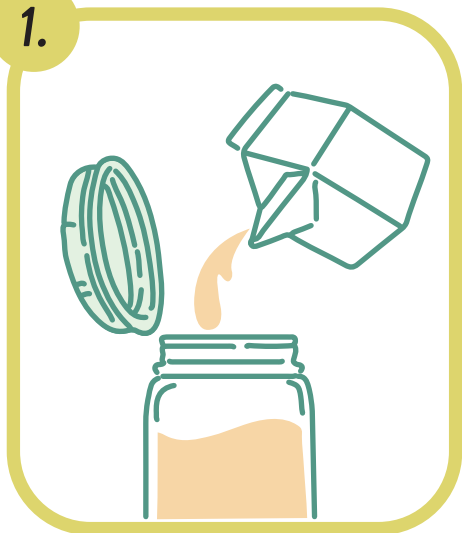


BUTTER-MAKING ACTIVITY

Dairy cows give us many delicious products including cream. These dairy products can provide us with beneficial nutrients including calcium and protein. Follow these simple instructions to make your own butter at home. You'll need heavy whipping cream and a liquid-tight glass container. A jam jar or baby food jar works great!

1.



Fill your container $\frac{1}{4}$ to $\frac{1}{2}$ inch full with heavy whipping cream.

2.



Close the container and begin shaking. Shaking creates energy in the form of heat, so the faster you shake it, the faster you make it! Note: On a hotter day, you'll make butter faster.

3.



As you shake vigorously, you'll see the cream begin to thicken. The sides of the jar will become completely coated. Keep Shaking.

4.



When the thickened cream begins to separate from the glass, you're close.

5.



When the thickened cream begins to separate from the glass, keep shaking until the liquid (buttermilk) separates from the solid (butter).

6.



Once you have butter, STOP SHAKING. If you keep shaking, the butter will melt.

Spread over crackers, bread or anything else you like, and enjoy!