

# Milk & Our Foods

## Part III — Whipped Cream

by Kanza Easterly-Keill

### Objective

This lesson follows Milk, Parts 1 and 2 and will show students what whipped cream is and isn't and how easily it is to make. Most students think whipped cream only comes in an aerosol can and have no idea how easy it is to make their own whipped cream

### Alaska Performance Standards for 7th and 8th Grade

Science: SA1.1 and SE 3.1

Reading: R3.5.1

### Materials

- Whipping cream and powdered sugar
- Examples of Cool Whip, Dream Whip, and aerosol whipped cream (if you have the time and resources to add these to the lesson)
- Whisk
- Bowl
- Waxed paper, spoons, scraper

### Handout

If you desire, use the Whipped Cream Comparison Sheet for students to compare Cool Whip, Dream Whip, aerosol whipped cream and real whipped cream. They can compare the cost, ingredients, preparation time, and their opinion of the various products.

### Preparation Prior to the Lesson

Make a copy of the ingredients list on the Cool Whip, Dream Whip, and aerosol whipped cream. Just enlarge it on a copy machine and print copies, overhead transparency or use a document camera. Prepare a recipe of Cool Whip if you have time and wish to have the students can compare the whipped cream substitutes to the real stuff. They can do a comparison of costs, taste, ingredients, and time to prepare.

### Lesson Introduction

Remind students about Milk, Part 1 and 2. Discuss what students think whipped cream is; Cool whip, dream whip, aerosol whipped cream. Have they had the real whipped cream? Have they ever made real whipped cream?



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**Lesson Procedure/Demonstration**

Using the whisk, whip the chilled cream in the bowl. Demonstrate how it “peaks” to show students when it is finished. Don’t forget to whisk in several tablespoons of confectioner’s sugar for the sweet flavor.

You could also use an electric mixer but I think it works to do it by hand and walk around the classroom to show it to the students as you are whisking. You might have the students help (especially if your arm gets tired!). When it is done, remind the students that if they keep beating it, the fat molecules will begin clumping together and will make butter. This happens much faster if they use an electric mixer (why?).

When complete, you can put a small dollop on squares of waxed paper or use plastic spoons so students can taste it. They may be quite hesitant at to try it, wondering how something they made could possibly be as good as what you buy.

*For Resources, Vocabulary, etc., see Lesson 1*



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*developed by Kanza Easterly-Keill  
Fairbanks North Star Borough School District*

Whipped Cream Comparison Sheet

Name \_\_\_\_\_

	Cost	Ingredients	Preparation Time	Your opinion
Real Whipped Cream				
Cool Whip				
Dream Whip				
Aerosol Whipped Cream				