BUTTER

1. Fill condiment container about 1/2 full of whipping cream and fasten lid securely.
2. Tell students to shake horizontally to prevent leakage. Have students chant the following rhyme as they shake. Go around the group, replacing “Mary” with the name of each student in turn:

   Butter, butter, shake, shake, shake
   Mary’s waiting at the gate
   Mary’s waiting for her cake
   Butter, butter, shake, shake, shake.

3. Warn students to keep the lid on the container until the butter is ready and to keep the container moving at all times.
4. The butter goes through three stages. It starts as a liquid. Ask students if they can hear the sloshing sounds. Then it stops sloshing because it has become a solid. Finally, after the particiles of fat and milk solids stick together, the solution separates and become solid and liquid. Students should be able to hear a sloshing sound and the butter thumping against the side of the container.
5. Have students pour the liquid off the butter into a container. Explain that the liquid is actually buttermilk.
6. Provide crackers or stick pretzels for students to enjoy with their butter.

YUMMY YOGURT POPS

1. Mix yogurt and strawberries in a small bowl.
2. Fill 10 3-oz cold drink cups 1/2 to 2/3 full.
3. Place the cups in the freezer for about one hour.
4. Insert wooden popsicle sticks.
5. Freeze completely.
6. To serve, peel off the paper cups.

MATERIALS
(Makes 10 pops)

YOGURT POPS

2 8-oz cartons strawberry yogurt
1 10-oz pkg frozen strawberries, thawed
10 3-oz paper cups
popsicle sticks

MATERIALS
pasteurized heavy whipping cream at room temperature (one pint for 18-20 students)
Condiment cups with lids (Ask at fast food restaurants. Clear containers work best.),
Container for pouring off buttermilk.