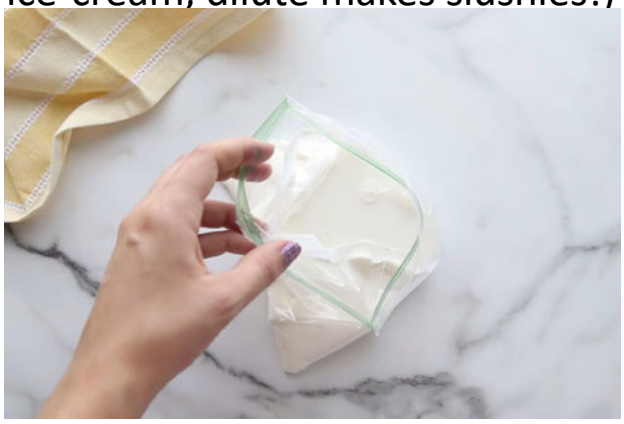
Ice Cream in a Bag

Materials Needed:

X1 Large Zip-lock Bag
X1 Small Zip-lock Bag
Flavoured Milk (Chocolate/Strawberry/Banana) OR
Dilutable (Made slightly stronger than normal)
3 Cups Ice
1/3 Cup Sea Salt
Oven gloves/Tea towel

The Method:

Fill your small zip-lock bag with a filling of your choice (milk makes ice-cream, dilute makes slushies!)



Push out any extra air and seal. Make sure your zip-lock bag is properly sealed (This is a key step!!!)

Fill your large zip-lock bag halfway with ice

Add your salt to the ice

Place your smaller bag inside the larger bag and seal the larger bag

Shake vigorously with gloves or a tea towel for 7-10 minutes until your ice-cream has firmed up!

Notes:
Any plastic sandwich bags will work, just make sure its fully sealable and sturdy
You might need to add more ice as you go if it melts too quickly
Bigger grains of salt work better, but table salt works too!
Be careful removing your ice-cream as the outside of the bag will be salty!
You will need to redo the ice and salt step for each portion of ice-cream

The science:

The salt added to the ice lowers the melting point of the ice, just like it does when roads are salted in the winter.

In order for the ice to melt, however, it has to absorb heat from it's surroundings like the ice cream in the bag.

The ice pulls the heat away from the ice cream which allows the ice cream to freeze.