

ACTIVITY #3 INSTRUCTION MANUAL

BUTTER MAKING

NOTE: IF NO BUTTER CHURN IS AVAILABLE, PLEASE FOLLOW THE MATERIALS/PROPS AND PREPARATION STEPS IN BLUE.

Materials/Props:

- Butter churn (can substitute with screw top jar)
- Heavy cream (all-natural/organic, approximately 1 pint/round) (for jar portion, approximately 1 cup)
- Measuring cup
- Plastic utensils
- Tablecloth
- Laminated “USDA Organic” label

Preparation:

1. Make sure butter churn is clean, working properly, and ready to use. *If you are using a jar, make sure the jar is clean.*
2. Just before the activity starts, place the plastic utensils, measuring cup, and heavy cream (keep refrigerated prior) on the table. Do not open anything or leave anything out for too long (*follow this step as well if you are using the jar*).

Procedure:

1. Introduce yourself. Lead the kids to the butter churn outside.
2. Explain what they will be doing today:
 - a. *Ex. “today, we are going to be learning about the chores that the Murray and Fallon kids used to do on the farm over a hundred years ago right here in Dublin. One of the things they did was make butter using fresh cream from their cow. Now, we have no cow, but we do have cream!”*
 - b. *“Who is excited?!”*
3. Explain the important health benefits of consuming natural, non-artificial foods without preservatives:
 - a. *The butter we are making today does not have any artificial growth hormones because the cream we are using is all-natural, as it says here on the label.*
4. “Let’s make some butter!”

WITH BUTTER CHURN:

- a. Fill the churn with the pint of cream.
- b. Allow children to take turns churning the crank.
- c. Check periodically to see if the consistency resembles that of butter. The process should take roughly 7-15 minutes.
- d. When the butter is ready, use the plastic utensils to scoop up the butter and show the audience the consistency.

- i. NOTE: LETTING THE AUDIENCE TASTE THE BUTTER/TAKE IT HOME IS OPTIONAL, BUT FOR THE KIDS F.A.R.M. ACTIVITY PROGRAM, THE AUDIENCE SHOULD NOT TASTE THE BUTTER.

WITH THE JAR:

- a. Fill the jar with 1 cup of cream. Make sure that the cream fills up the jar about halfway (adjust quantity of cream accordingly).
- b. Allow children to take turns shaking the jar (or, they could each have their own jar). Make sure to shake vigorously!
- c. Check periodically to see if the consistency resembles that of butter. The process should take roughly 10-15 minutes.
- d. When the butter is ready, use the plastic utensils to scoop up the butter and show the audience the consistency.
 - i. NOTE: LETTING THE AUDIENCE TASTE THE BUTTER/TAKE IT HOME IS OPTIONAL, BUT FOR THE KIDS F.A.R.M. ACTIVITY PROGRAM, THE AUDIENCE SHOULD NOT TASTE THE BUTTER.

Activity continued for BOTH METHODS:

5. Explain other chores that the children of the historic families would do:
 - a. *Collect eggs*
 - b. *Help in kitchen*
 - c. *Feed the chickens*
6. Emphasize how all the supplies they used were from the farm; they were healthy, organic, and had no artificial ingredients. Urge them to read labels for artificial ingredients and to note that:
 - a. *Some cows are treated with growth hormones like rBST to increase milk production. This can cause an infection in the cows, which is then treated with antibiotics and other medications, which can then end up in the milk we buy. This can be really harmful if we drink that milk. To avoid this, look for “from cows not treated with rBST” labels on all dairy products.*
7. Show them “USDA Organic” label.
8. End presentation.

© PROPERTY OF KIDS F.A.R.M. ACTIVITY PROGRAM™ AT DUBLIN HERITAGE PARK AND MUSEUMS

MANUAL AND PROGRAM CREATED BY ASHA RUDRABHATLA

