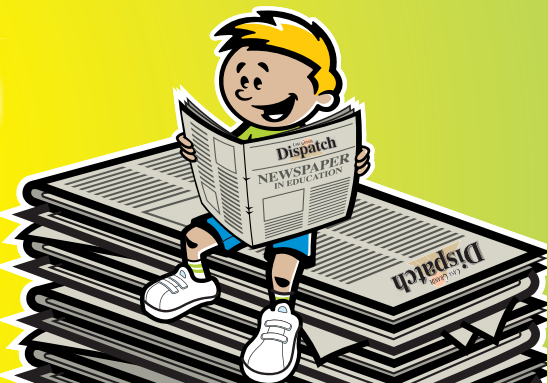


KEEPING STUDENTS WELL INFORMED AT HOME DURING SUMMER VACATION



WORLD OF WONDER

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ICE CREAM

Ice cream is a familiar and delicious comfort food for many people, so it is not surprising that sales of ice cream and frozen novelties soared over the past year. This love of desserts may also be responsible for some of the pounds that many of us have put on.

Making ice cream before refrigeration

When salt is added to water, it lowers the mixture's freezing point, causing it to absorb more heat from its surroundings as it melts. Placing sweetened cream into a packed vessel of salty ice and churning the mixture was the way to make ice cream until 1913, when electric refrigeration for home use was invented, but some people still hand-churn ice cream today.



Looking back

A distant relative of ice cream, a sweetened snow drink, has been around since ancient times.

We know that **Alexander the Great** and **Nero Claudius Caesar** enjoyed snow and ice flavored with honey and nectar. Biblical references suggest that **King Solomon** enjoyed iced drinks.

The first recorded example of an iced-milk dish is from the **Chinese Tang dynasty**.

According to legend, **Marco Polo** returned to Italy from the Far East with a recipe for an early sherbet. Ice cream is thought to have evolved from sherbet in the 16th century.

Thomas Jefferson had ice houses at his home, **Monticello**, and at the White House.

In the mid-1800s, a mechanical ice cream maker was developed, and soon ice cream was available to the masses.

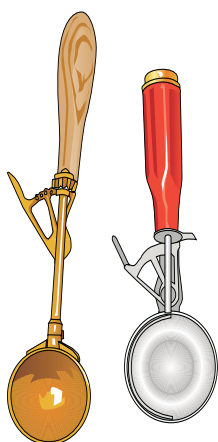
In a word

The term "ice cream" can mean different things around the world. In North America, the term "ice cream" (on a commercial level) is regulated by how much cream is in the frozen treat. If there is not enough cream in a product, it might be called a "frozen dairy dessert" instead of ice cream.

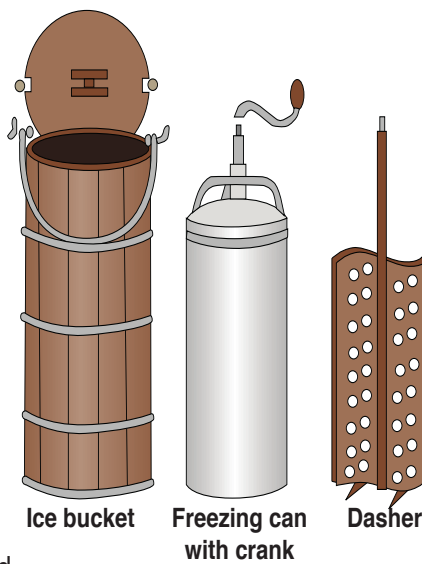
Things become even more confusing with the many kinds of ice cream available: frozen custard, frozen yogurt, sorbet and gelato, just to name a few.

Any way you scoop it

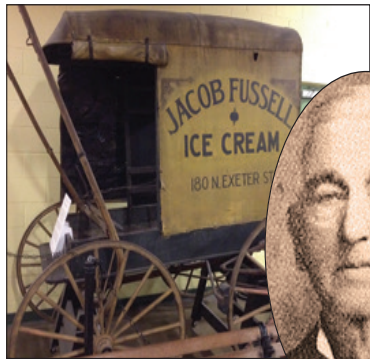
Ice cream is a delicious treat. Even people who are lactose intolerant can enjoy some version of frozen treat, such as plant-based sherbet or an Italian ice.



Nancy Johnson received the first American patent for a hand-held ice cream maker in 1843. She called it the **artificial freezer**.



The dasher churns the mixture to prevent the formation of large ice crystals.



In 1851, **Jacob Fussell**, a Quaker from Pennsylvania, decided to expand his business of delivering dairy goods in Baltimore to making ice cream. He built the world's first commercial ice cream factory in Seven Valleys, Pennsylvania.

Make ice cream in a bag!

If you don't have an ice cream maker, this is a fun, easy and fast way to make ice cream with just five ingredients. When finished, you can add sprinkles or fruit!

Ingredients: Half-and-half (whole milk will work, but the ice cream won't be as thick), salt (table salt will work, but chunkier is better), ice, vanilla and sugar. You will also need one large and one smaller plastic bag, both with tight seals.

Step 1: Fill the smaller bag about halfway with cream.

Step 2: Add 1.5 teaspoons of vanilla extract and 1 tablespoon of sugar.

Step 3: Squeeze air out and seal the bag tightly. You don't want salt to leak in.

Step 4: Fill the larger bag about halfway with ice. Add 1/4 cup of salt.

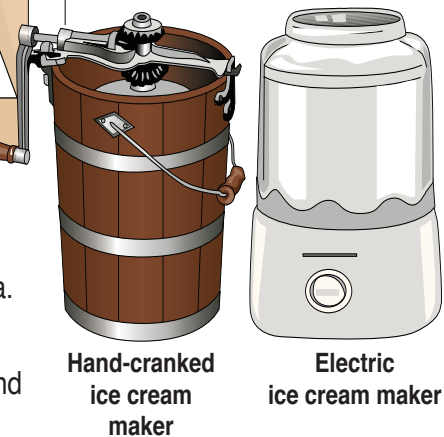
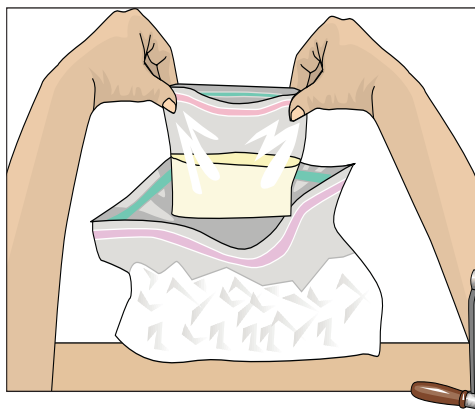
Step 5: Place small bag into larger bag and top with more ice. Seal the large bag.

Step 6: Wear oven mitts or gloves and shake for 6 or 7 minutes. (This stuff gets really cold, and shaking is hard work.)

Step 7: Remove smaller bag and rinse well with cold water, including the seal area.

Step 8: Carefully open bag, making sure not to let the ice and salt mixture get in.

Step 8: The ice cream will be a little icy-looking at first. Use a spoon to mix it around and soften it up a bit. Scoop it out, sprinkle a favorite topping and enjoy!



SOURCES: World Book Encyclopedia, World Book Inc.; <https://www.britannica.com>; <https://www.idfa.org>; <https://www.dreamscoops.com>; <https://www.dairyfoods.com>; <https://www.icecream.com>; <https://www.benjerry.com>; <https://www.thebestideasforkids.com>

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