THE SCIENCE SWEETIES

CLASSROOM SCIENCE SHEET

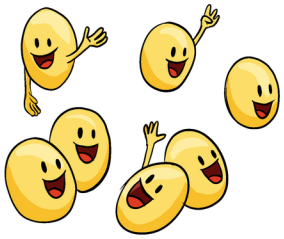
# WHIP IT UP

How do you make whipped cream?

Physical change · Fat, air & foam · Grades K-2

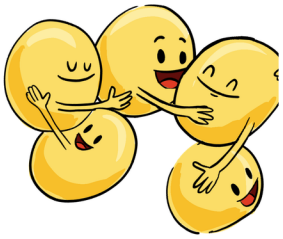
THE BIG IDEA

**Whipping does not add an ingredient.
It adds air, and the fat holds it there.**



### 1 CREAM IS FULL OF FAT

Heavy cream has tiny bits of fat.
Skim milk does not have enough.
Cold cream whips best.



### 2 WHISKING ADDS AIR

No sugar. No flour.
You are adding only air.
The fat bits link together.



### 3 FAT HOLDS THE AIR

Fat wraps around each bubble.
Now the bubbles can stand up.
The cream turns thick and fluffy.

## TWO THINGS TO REMEMBER

### SOFT PEAK OR STIFF PEAK?

A soft peak flops over.
A stiff peak stands up.

### WHISK TOO MUCH AND YOU GET BUTTER.

The fat lets go of the air,
and butter is what is left.

WORDS TO KNOW

**CREAM FAT AIR BUBBLE WHIP PEAK**

## ASK YOUR CLASS

- **What are you adding when you whip cream?** Air.
- **Why will skim milk not whip?** It does not have enough fat.
- **What happens if you whip for too long?** It turns into butter.

**Watch the song: "Whip It Up"**

The Science Sweeties · 2:02 · free on YouTube

Try it: shake cold cream in a sealed jar. Keep going and you will make butter.

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