

Microbe Magic Experiments

<http://microbemagic.ucc.ie>

Healthy living – How to see the fat and protein in a dairy product

What you will need

A carton of double cream

A clean jar with a lid

Strong arms!

What to do:

- Put the whole carton of double cream in the jar and close the lid tightly.
- Shake the lid for about 10 minutes or until the cream forms a solid part and a liquid part.
- The solid part is butter and the liquid part is buttermilk!

Why this happens:

When you shake the cream in the jar, the fat and the protein from the cream begin to stick together. More and more fat and the protein joins together and forms a solid (butter). The buttermilk that is left behind can be used in baking! You can see that there is a lot of fat in cream so it is one of the foods on the food pyramid to eat sparingly!

Top tip:

If you clean a small marble very well and add it to the jar, the butter will form much quicker and your arms won't get so tired! Remember to clean the marble very well though, or you won't be able to eat the yummy butter!