

# 17 - Ice Cream

Who doesn't love ICE CREAM? Whether it's the classic frozen cream and sugar combination, or a delicious non-dairy treat, there's something about sweet ice-cold creamy concoctions that just feels right to everyone! Well - on this delicious episode of Who Smarted? it turns out our special guest, Ice doesn't get along so well with our OTHER special guest, Cream -- but maybe, by the end of the episode they'll put aside their differences and figure out how to work together. (Spoiler alert: they do!)

Your kid will learn why thawing and re-freezing ice cream is a bad idea - not just because it makes it full of yucky ice crystals, but because it also becomes a breeding ground for BACTERIA.

And, they'll learn that sugar isn't just for flavor. Sugar actually helps keep the ice cream from being fully frozen, which is why ice cream can be scooped as opposed to a block of ice or a frozen pizza!

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Oh and about that seaweed.

You can decide if you want to gross them out or not (we suggest waiting until AFTER they've eaten) but most commercial ice cream contains SEAWEED. If you see carageenan on the ingredient list, that's seaweed! Specifically, it's the fiber that creates the supporting cell walls of red seaweed (commonly known as Irish Moss), which is released by boiling seaweed. The fiber is turned into a thickening agent, which is then used to help give ice cream its thick, creamy texture.

Keep the learning going:

Have your kids pretend to be the owners of an ice cream company and come up with the craziest, coolest ice cream flavors they can think of. And have them come up with a name for their company too. Let them explain why that combo would be delicious!

In today's episode we meet The Iceman & Creamer. Have your kids draw these rival gang members & their crews AND if they're feeling creative, they could create a COMIC STRIP showing the further adventures of The Icemen & The Creamers!

We're not telling you to bust out the Ben & Jerry's, but if you do - have your kid take a bite and slowly experience the feel of the ice cream. Talk about how amazing it is that a liquid can become a frozen creamy treat. Ask them to describe the lush, creamy feel and delightful taste of the seaweed. Actually, don't - let's not ruin ice cream for an entire generation!<sup>1</sup>

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<sup>1</sup> This activity guide is for the Who Smarted? podcast [www.WhoSmarted.com](http://www.WhoSmarted.com)