

Niagara County Cornell Cooperative Extension
Niagara County 4-H Program
4487 Lake Ave
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Adapted from Cornell Cooperative Extension of Oswego County

Introduction

Congratulations on choosing to present a Food Demonstration. In this booklet, you will find how to prepare, practice and execute your demonstration. Above all ~ Have Fun! Enjoy what you make and Practice, Practice, Practice.

Choose A Recipe

Choosing the right recipe is very important. If you can, choose a recipe you enjoy making. Maybe a family recipe that has meaning to you. Try to select a recipe that should be:

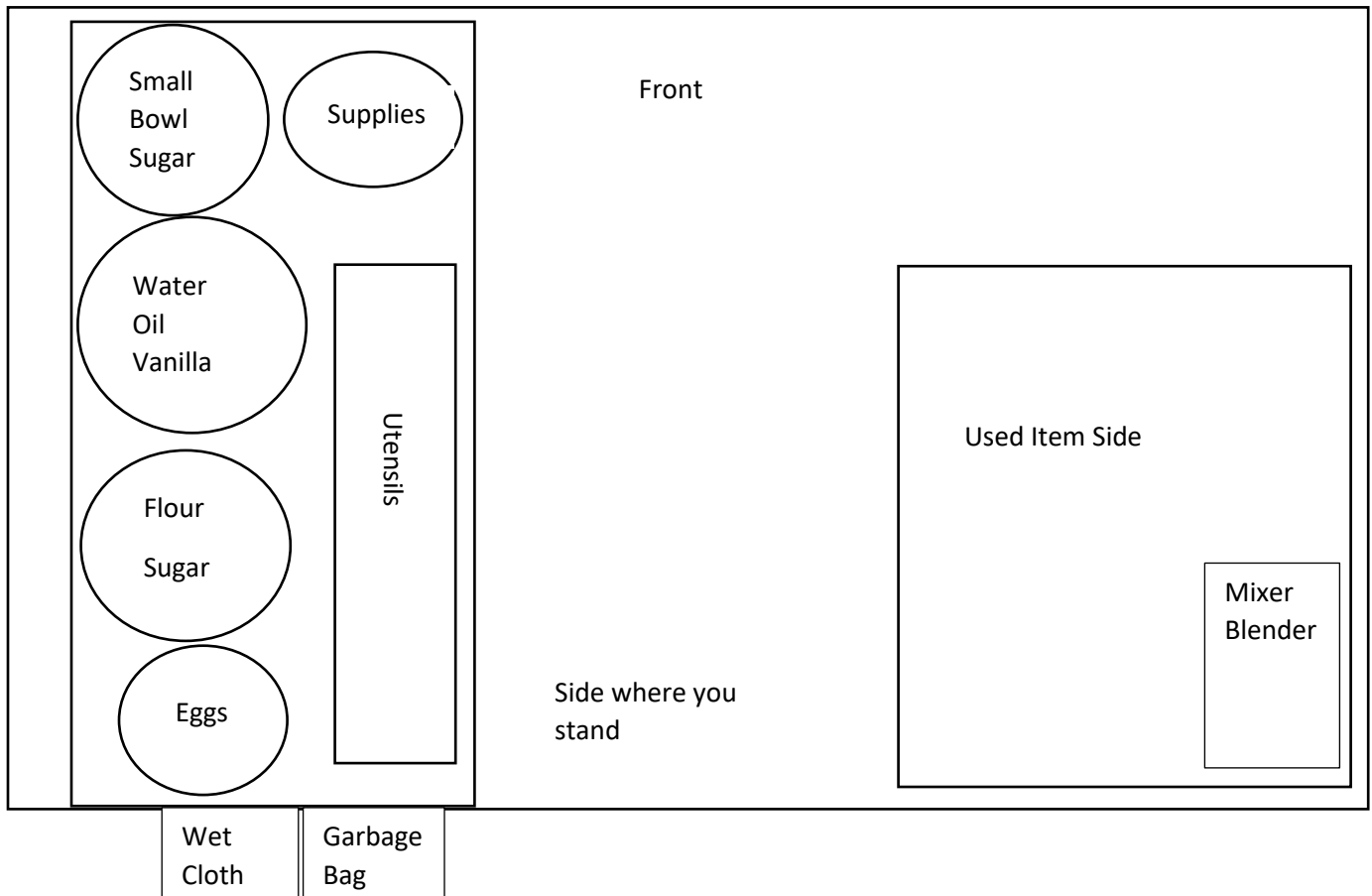
- Within your ability level
- Simple, you have 15 minutes to present
- Suitable for the equipment and area you will be presenting in

If this is your first public presentation, you will want to choose an easier recipe. Something you are familiar with making. If you are selecting a recipe that is new or never been made by you, try it out first to see if you like it and it is within your ability. If you don't care for the recipe or think it is difficult, don't do it! If you do then you will never want to practice your presentation. Try the recipe out for other people in your family and then other people outside of your family. Practice, Practice, Practice until you can do the demonstration in your sleep.

Preparing for Your Demonstration

You need to prepare and practice for your demonstration. What will you need:

- Two trays that measure about 13"x16" (Cookie sheets will work);
- Place your ingredients and equipment on one tray and move them to the other side when you are done using them.



Demonstration Techniques

- Wear an apron. Wear clothes appropriate for the kitchen.
- If you have longer hair, tie it back or have it up.
- Wash your hands prior to your demonstration and wear gloves during the demonstration.
- Use liquid measurements to measure liquids and dry measurements to measure dry ingredients.
- Measure at least two ingredients (1 dry, 1 liquid) during the presentation. All other ingredients must be pre-measured.
- When showing how to measure a dry ingredient, level it using a flat spatula or the back edge of a knife.
- If you have eggs, having them cracked into a bowl ahead of time is helpful. (If you are cracking eggs, crack them into a separate bowl to avoid egg shells in your food)
- Using clear mixing bowls makes it easier for your audience to see what you're doing.
- Have a damp sponge or cloth handy so you can wipe your hands if you need to wipe them. Also, the cloth can be used to clean up spills.
- Use equipment to fit the job you're doing. (For example, a large butcher knife shouldn't be used to peel an apple)
- Try to work quietly without thumping the bowl when mixing. To get a spoon clean, try tapping against your hand.
- Tape a small bag beside you on the table to put your garbage into; (such as egg shells or peelings). Clean up as you go.
- If you are peeling an item or shaving something, do it over a piece of wax paper so it can be cleaned up quickly.
- If chopping, slicing, or cutting with a knife or sharp object, use a cutting board.

- Have pans greased ahead of time and bring to the demonstration in a plastic bag.
- If using an electric mixer, don't leave the beaters in the mixer to drip batter. (Remove the beaters and clean them into your batter bowl using a rubber scraper and then place on your used item side)
- Make sure you include the recipe, storage tips, and nutritional information. (If you have it) These can be handed to the judges or can be included on your poster.
- How to information is helpful to have.
- Do not use containers that show brand names. (If you are using an ingredient in its container, cover the brand name)
- If you don't have time to complete a finished product during your presentation, have one already prepared and ready to serve.
- Have copies of your recipe to hand out to the judges and audience.
- You may want to bring extra supplies in case something gets dropped on the floor.
- Don't forget to talk to the audience and look up occasionally while you are working.

Before you display your finished product, clean up your area and cover your dirty and clean discard trays with a clean towel (preferably matching). Display what you have made with pride by either placing it on the center of the work area or holding it up without it falling apart. Come prepared with a clean plate or display board to put the finished product on. Be prepared to serve your product to the judges after you offer it to them.

Poster Ideas

Posters can be used to enhance your presentation. They can:

- Contain your recipe.
- Show the supplies you will be using.
- Show the steps to assemble your product.
- Should list your source for your recipe.
- Need to be able to read posters easily from far away, use larger fonts.

The Day Before you are to Present

Practice one more time by setting up and getting everything ready by yourself.

Make a list of everything that you will need for your presentation.

After your practice session, get everything ready for presentation day. Refrigerated and frozen items will need to be packed the day of the presentation. Do not forget your poster, apron, and gloves. If you are using an appliance that uses electric, make sure you have an extension cord in case it won't reach the electrical outlet. These items are your responsibility, not your parents.

Presentation Day

Check your list to make sure everything is packed.

Have your finished product ready in an eye appealing dish or pan.

Now is your big moment to shine. All that practice is going to pay off. Be prepared before walking in the room ~ hair tied back and apron on. When you enter the presentation room bring all of your supplies and when told by the room host, walk to the front of the room and set up. Set your work area up exactly as you practiced at home. If you need anything, ask the room host. After your introduction by the room host, you can start your presentation. When you have completed your presentation, do your conclusion and state your sources. Ask the audience if there are any questions. Always answer the questions with “The question was...” Once your presentation is complete, pack your supplies and wait in the hallway outside the room you presented in until the judges call you for your conference to discuss your presentation.

Conclusion

Congratulations! You have done your food demonstration presentation. You have learned through this booklet to make sure you come prepared with all of your supplies and recipe. Everything you need to have a successful presentation is contained in this booklet. Remember to practice, practice, practice! Good luck on your food demonstration.