



UF/IFAS Extension Florida 4-H Youth Development Program

Food Demonstration Guide



This guide will help you plan and deliver a well-organized presentation that is entertaining and educational for your audience. A 4-H demonstration is a great way for you to share your passion and teach others about your 4-H food-related project work. A demonstration is an opportunity for you to “show and tell” how you make or do something step by step, from beginning to end, using posters and visuals.

Types of 4-H Food Demonstrations

Food demonstrations fall under the Healthy Living category which is divided into two subcategories:

Food Preparation Presentations	Food Nutrition, Safety and Science Presentations
<p>These presentations involve preparing foods to eat.</p> <p>Demonstrations should:</p> <ul style="list-style-type: none"> • Show steps involved in preparing foods • Demonstrate safe handling techniques • Demonstrate proper measuring techniques • Incorporate current Dietary Guidelines and choose recipes that are moderately low in fat, sodium, and sugar 	<p>These presentations are related to food nutrition, food safety, and food science.</p> <p>Sample topics:</p> <ul style="list-style-type: none"> • Nutrients and nutritional needs • Dietary Guidelines • Hunger/obesity • Food labeling • Cultural food patterns • Food safety • New food science technologies • Food processing and preservation

Choosing a Recipe

If this is your first year doing a demonstration, you may want to choose a recipe that you are familiar with. However, if you have experience doing demonstrations, consider choosing a new and more challenging recipe that incorporates advanced culinary skills. In addition to recipe books and magazines, recipes can be found on the internet or from a friend.

Important reminders when choosing a recipe for your food preparation presentation:

- The recipe should match your cooking ability, not too easy and not too difficult.
- The recipe should be suitable for the equipment available and time allowed.
- The ingredients should be reasonable in cost, because you will be making it often as you practice.
- The product you make should fit into a healthy lifestyle.
- The item you make should be appealing in color, texture and taste.

Feel free to show your creativity and knowledge of food science by modifying your recipe. Consider making adaptations to your recipe that will make it healthier. Explore ways to lessen the amount of sugar, salt and fat, and increase fiber, vitamins and minerals for a healthier recipe.

Topic Ideas for Food Demonstrations

- Proper measuring techniques
- Meal planning
- Outdoor cooking
- Lunch box meals
- How to select eggs
- Foods for a party
- The art of salad making
- The secret of fluffy soufflés
- How to prepare fresh fruits
- Dehydrating vegetables and fruits
- How to make applesauce
- Making and serving deviled eggs
- How to make quick breads
- How to make jelly
- Wrapping food products for gifts
- Preparing vegetables
- How to make ice cream
- How to frost a cake
- Low-calorie food substitutions
- How to plan a food budget
- Foods around the world
- Food safety at home
- Food art

Three Main Parts of a Demonstration

Once you choose a topic, you will need to narrow the subject to one main idea or theme. A demonstration has three parts: Introduction, Body and Summary.

- **INTRODUCTION**—Sets the stage for your demonstration. Make it powerful! Open with a captivating introduction that keeps the audience curious for more information. This could be a question (“Have you ever...”), famous quote or interesting statement/fact (“Last year, youth in Florida...”), a word picture (Picture this,...), or historical/resource reference (“The Times Union reported...”). Early in the speech, find an appropriate place to introduce yourself. Be sure to include your name, county, years in 4-H, and 4-H Club. Tell what you are going to demonstrate (“I am going to show you how to...”). Explain why you chose this subject (“I chose this demonstration because...”). Your demonstration title should be “catchy” and draw the attention of your audience.
- **BODY**—Time for show and tell. List in order the steps that will be shown. List the equipment and materials you will be using. Show and tell, step by step, how you are going to demonstrate your topic. Consider how you will display materials and use equipment during the demonstration. To enrich your presentation, consider including interesting related information such as:
 - » Nutritional value of ingredients—Example: Carrots are very high in vitamin A, which is important for good eyesight and healthy skin.
 - » Cost and cost comparisons of ingredients—Example: It is estimated that baking your own muffins costs approximately \$1 per dozen, whereas purchasing muffins from the grocery store costs \$3.99 per dozen, a savings of \$2.99.
 - » Importance and function of each ingredient—Example: Yeast makes bread rise for a light and fluffy product. Using spices in your recipe adds flavor and variety.
 - » Food safety tips—Example: Cross contamination is a food safety concern, so it is important to wash your hands and use different knives and cutting boards to cut raw vegetables and raw meat.
 - » Historical information related to the topic—Example: This recipe was handed down in our family from my great-grandmother who came from Mexico.
 - » Serving ideas—Example: This meatloaf would be delicious for dinner and served with green beans, tossed garden salad, whole grain biscuit, and a glass of low-fat milk.

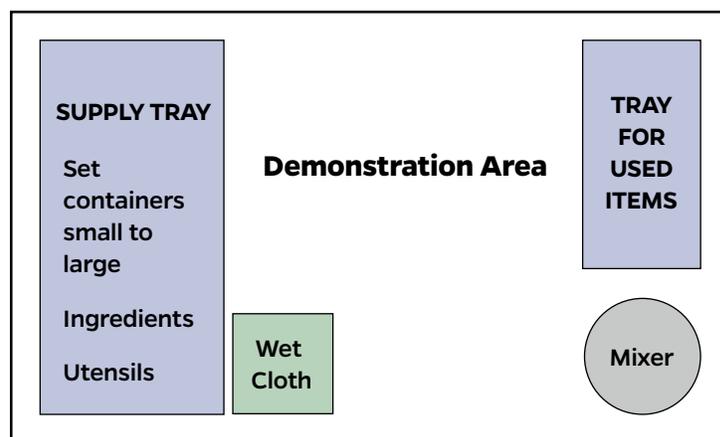
- **SUMMARY**—Time to summarize your information. Be concise and to the point. Show the finished product or result of your demonstration. Repeat the important points: “In summary, today I have shown you...”. Cite references used and be sure to include 4-H curriculum/materials/experiences. In closing, say, “This concludes my demonstration. Are there any questions?” Please note that only judges are allowed to ask questions. When answering questions, be sure to first rephrase the question before you give your answer: “The question that has been asked is...”

Arrangement and Use of Visuals

Organization of your visuals is key for a smoothly delivered demonstration. Using two large trays or cookie sheets can help provide an organized space for your items. Practice placing all of your ingredients and equipment on one tray and moving them to the other tray when you are finished using them. Be sure that items are set to the side so they do not block the audience from seeing what you are demonstrating. Be prepared and flexible with your workspace, because it will vary depending on location and table availability.

Consider using or adapting a table setup as shown below for your demonstration:

Front of Table (as viewed by audience)



Trash
Can/Bag

Back of Table (where you stand)

General tips for demonstration setup:

- Cover the table with a tablecloth that complements your demonstration.

- Use small containers for small amounts and large containers for large amounts of premeasured ingredients. Clear glass bowls, plastic containers, or storage bags work well.
- Cover up any brand names on the food packages with masking tape or paper.
- Consider labeling the ingredients you have premeasured so that you can easily identify them. Salt and sugar look very much alike and can easily be confused. Labeling on containers should be neat and correctly spelled.
- Cover bottoms of trays/cookie sheets (i.e., wax paper, foil, paper towels). Practice keeping your work area clean and be sure to clean up spills so that you do not leave the area messy for the next presenter.
- Arrange the ingredients on your tray in the order you will be using them. Try to keep the tallest items closest to you so the view of the audience will not be blocked.
- Once you have practiced your demonstration several times and have a good idea of what setup works best for you, make a diagram of how your trays are set up.
- Make a list of all the ingredients and equipment you will need for your demonstration. This can be used as a checklist when you are gathering your supplies for the demonstration event.

Demonstration Techniques

- Use a clear mixing bowl if you have one available. This makes it easier for everyone to see what you are doing. The size of the bowl will depend on the amount of ingredients and what you are doing with it (i.e., a larger bowl may be needed when using an electric mixer).
- When demonstrating how to measure liquid ingredients, use a liquid measuring cup, set the cup on a flat surface, pour the liquid in the cup, and verify at eye level the correct amount.
- When demonstrating how to measure dry ingredients, use a dry measuring cup. Use a spoon to scoop the dry ingredients into the cup and level off the top using a flat spatula or knife.
- Keep a damp sponge or cloth nearby to wipe your hands or clean up spills. Avoid using your apron to wipe off your hands.
- Use appropriate-sized equipment for the task at hand. For example, a large butcher knife is not needed to peel an apple.
- Keep equipment noise to a minimum. Use of electric mixers should be limited. A cloth placed under glass bowls and tapping spoon handles against your hand instead of the side of the bowl will help reduce noise. Rubber scrapers work well for quietly cleaning out bowls.
- Throughout the demonstration make a conscientious effort to show and explain to the audience what you are doing at each step.
- Work over wax paper or a paper towel. This will allow you to clean up your area quickly when peeling apples, measuring, or any other task that could be messy. Place a small trash can near you or tape a bag to the back of the table for trash. Cleaning up as you go is a good practice.
- Crack eggs on a flat surface and into a separate container. This will allow you to remove any shells and verify that the egg is of good quality before adding it to your mixing bowl. Always bring an extra egg or two.
- Use a cutting board and the appropriate knife/tool for chopping, dicing, and slicing. Limit the time of demonstrating cutting up food by precutting ingredients. This is especially important if your recipe requires a large amount of cut-up items.
- Pans can be greased ahead of time and transported in plastic bags. Nonstick sprays are easy to use, and a pastry brush should be used when spreading oil or butter.
- Use clean, unbroken, and appropriate equipment. Scrubbing your pans with baking soda can be used to shine up dull aluminum pans if needed.
- If using an electric mixer, disconnect the mixer before you remove beaters. Scrape the beaters with a rubber scraper and put them in your “used items” tray.
- Wear clothes that you feel comfortable wearing. Colors that coordinate with your apron are a good choice, and short sleeves are easy to work in. Avoid wearing fingernail polish and jewelry on your hands and arms. Hair should be pulled back or in a chef’s hat.
- While you are demonstrating, explain what you are doing or share pertinent information. Sharing related information about such topics as nutritional value, growing season, history, and consumer trends will minimize the amount of quiet time.
- Once you have finished your demonstration, attractively display your finished product. It is appropriate to offer the judges a sample of your product to taste. Serve the judge’s sample on a paper plate with napkin and appropriate eating utensil.
- Time your demonstration each time you practice and adjust as needed. Junior and Intermediate demonstrations are limited to 3 to 12 minutes. Senior demonstrations are limited to 5 to 12 minutes. There is a score penalty for demonstrations under or over the time limit.
- Practice makes progress for a smooth and well-organized demonstration.

Things to Consider on the Day of Your Demonstration

Planning and practice will help you feel less nervous on the day of your demonstration. Use the checklist you created to be sure all your equipment and ingredients are packed. Knowing the exact location and start time of the event will allow you to plan for plenty of travel time. Premeasuring ingredients and precutting of foods should be done before you leave home. In some cases, you may also need to prepare a final product that will be displayed at the end of your demonstration.

Once you arrive at the location, find the room you are assigned to and see how the demonstration area is set up. Make plans accordingly as you prep your demonstration trays. Refer to the diagram you created if needed.

In most cases, before you begin your demonstration, you will be asked to come to the front of the room to set up your demonstration table. Setting up your demonstration is your responsibility, not your parents'. Before setting up your demonstration area, be sure to:

- Take off all rings, bracelets, and large necklaces. Jewelry can be distracting, can be unsanitary, and can get in the way. Remove all food and gum from mouth.
- Make sure your apron is tied on straight and that your collar is laying flat.
- Have your hair tied back or in a net, scarf, or chef's hat.
- If using posters, check to be sure they are in the correct order.
- If handwashing is not part of your demonstration, wash your hands at a nearby sink and use hand sanitizer before you begin. You can mention the importance of washing hands as part of your demonstration.
- Take a few slow deep breaths and think positively about sharing your demonstration with the audience.

The room monitor will direct you when to begin your demonstration. The judges will be observing your organizational skills and use of appropriate food preparation

techniques. They will also be listening for informative and accurate information. After your demonstration, the judges have an opportunity to ask you questions such as:

- Why did you choose this recipe?
- Why is kneading your dough important?
- What nutritional value does your food product provide?

When responding to a question from the judges, be sure to look at them and answer with what you know is true and from your personal experiences. If you do not know the answer, say, "I do not know but I can research that answer and get back to you." Once you find the correct answer, you can share it with your 4-H agent and ask them to pass it along to the judge who asked the question. Never try to make up an answer. Try to show a friendly disposition and that you enjoy sharing what you are demonstrating. If you are feeling a bit nervous, try to find a friendly face in the audience to focus on. Eye contact with the judges and audience is important throughout your demonstration.

When you are finished demonstrating and answering the judges' questions, pack up all your supplies quickly and wipe off the table so that the area is ready for the next presenter. Return to your seat and enjoy watching and learning from other youth who are giving demonstrations.

After all demonstrations are judged, there will be an awards ceremony.

Feedback

A couple weeks after you have given your demonstration, you will want to meet with your agent or club leader to discuss what went well with your demonstration and what could have been done differently to make it better for future presentations. The demonstration scoresheet is an important tool that will help you identify what you have done well, in addition to specific areas that can be improved. This feedback and the discussion you have with your agent or club leader will help you as you prepare for your next level of competition with your demonstration or for future demonstrations on another topic.

Adapted by GERALYN SACHS, UF/IFAS 4-H RSA, from LINDA D. COOK, associate professor, UF/IFAS Department of Family, Youth and Community Sciences, "Helpful Hints for Doing a Food Preparation Demonstration," which was adapted by L. COOK from "How to Do a Food Demonstration," Monroe County, New York 4-H Home Economics Program Development Committee in 1980-81.