

# Cooking Demonstration Guidelines

For cooking demonstrations, the following should be observed:

- Wear apron, participants should have towel in belt loop if apron not worn
- Hair should be held back by a net or tie
- State that hands have been washed (and **DO** wash them before your demonstration!)
- Keep area tidy, move unused items to the left or right of your work area
- No brand names, cover if necessary
- Never lick fingers or utensils
- Food in neat, marked, look-alike containers
- Should show that you know how to measure a dry and a liquid ingredient
- Suggest you use a clear mixing bowl and wooden spoon
- Clean off work area and then display finished product
- The finished product should be of quality