4-H Regional Public Speaking 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 & wooden spoon
• Clean off work area and then display finished product
• Finished product should be of quality