

Some Recommendations for Food Demonstrations

Adapted from materials prepared by the 4-H Food, Nutrition, and Health Curriculum Committee

Accuracy is very important. For example, if you are making lemonade from a mix, know the amount of water to use and the amount of sugar to add. Don't just dump in some sugar from the bag. Demonstrate how to properly measure some of the ingredients. (It is not necessary to show how to measure every ingredient. Some pre-measuring is fine.)

Take your time. Get all of your materials out of the bag and organized before you start.

Make sure the audience can see what you are doing.

Wear appropriate clothing. If you have an apron, wear it during your demonstration. Make sure your sleeves aren't hanging down into your food.

Keep your work area neat.

If you have long hair, tie it back.

Have a copy of your recipe for the judges.



You should talk about food safety. For example, explain why it is important to wash your hands before cooking or why a particular food must be kept cold, etc.