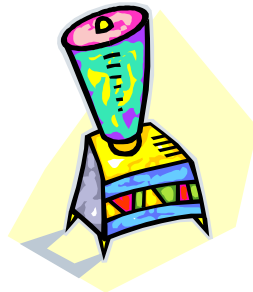


## HARFORD COUNTY 4-H DEMONSTRATION HINTS

1. Wash hands before handling food. Make mention of good sanitary procedures during demonstration.
2. Secure “fly away” hair – short or long! Wear baker’s hat, hair net, scarf or tie back hair.
3. Towels are to be used only for wiping. Keep towels away from food preparation. **Do not throw towel over shoulder!** Use an apron, not a towel, around your waist.
4. Keep hands away from face and hair during demonstration. In practice, watch for unsanitary and nervous habits.
5. Measure ingredients using correct utensils. Dry ingredients measured in dry cups – usually plastic or metal. Liquid ingredients measured in liquid measuring cups – usually clear plastic or glass. Do not interchange dry and liquid measuring utensils!
6. Have bag available for garbage. For example: egg shells, wrappers from margarine, vegetable peeling, etc.
7. Keep damp cloth within reach for wiping spills. Use it when necessary!
8. Level off dry ingredients in measuring spoon or cup. A “heaping” cup or teaspoon may be appropriate for home, but not appropriate for demonstrations.
9. If an ingredient drops on the floor or on any unwiped area, it should not be used in your dish. Bring extra ingredients just in case an accident happens during the demonstration.
10. Always discuss the nutritional aspect of your dish. For example, using the MyPlate guidelines which this dish satisfies, the number of calories, sodium content, etc.
11. Compute the cost per serving and mention during the demonstration.
12. Use correct terminology in naming utensils. For example: spatula, pancake turner, wire whisk, pastry blender, etc.
13. Use plastic utensils, not metal utensils, with anything that is lined with a non-stick finish.
14. Whenever possible, use clear mixing bowls so judges can see what’s happening as you combine and mix.
15. Keep demonstration area neat. Move dirty dishes, empty bowls, etc. to another area of the demonstration table. Display finished dish in cleared area of table.
16. Assure the demonstration area will have no supplies. Bring all cooking utensils, pots, pans, towels, etc. Bring a long extension cord if you will need electricity.

17. Bring finished dish for display. Display food in an attractive dish; have a placemat or something colorful on which to set the dish on.
18. Judges will taste-test the food. Have eating utensils, plates and napkins for judges. County contests usually have two judges. State contests may have up to five judges.
19. No matter how well you think you know your demonstration, always bring notes.
20. If the demonstration requires a lot of mixing or stirring, talk while you work. That is the time to give the history of the dish, nutritional value, etc. Don't have long, silent pauses.
21. Mistakes do happen. Keep your composure and continue with the demonstration. We are all human. What you do after the mistake is more important than the mistake itself.
22. Smile and look at the audience frequently during the demonstration. Be lively! Look like you are enjoying yourselves!



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