

# Tips for Food Demonstrations

A successful food demonstration includes nutritional information during the presentation. Explain the nutritional value of the food and/or the science behind the cooking process. Why do breads or pancakes rise? What is the benefit of whole wheat? Why do you use applesauce or orange juice instead of sugar? This makes for an interesting and informational presentation.

*Experienced food presenters are expected to do more in-depth presentations. This does not necessarily mean a longer presentation; rather, it should include more in-depth information.*

## **More tips for a successful food presentation:**

- Only one liquid measure is required (in a clear cup and at eye level)
- Only one dry ingredient measure is required (using a measuring cup and knife for leveling). Other ingredients can be brought in pre-measured.
- Bring an example of the final product.
- The presentation should move from one side of the table to the other (ex. oil and other ingredients is on the left, add to mix middle, set table to the right)
- Call the office if you have any questions.