



WRITING AND PRESENTING 4-H DEMONSTRATIONS

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Points on writing and presenting demonstrations

WRITING DEMONSTRATIONS:

- * **KEEP IT SHORT!** The 4-H'er should know the material, not read it. Whit homework, basketball games, dancing lessons, etc. these kids don't have time to memorize a long demo.
- * **KEEP IT FUN!** Not only does it grab the attention of the judge, it also makes it more fun for the child giving the demo.
- * **USE LOTS OF POSTERS!** Posters not only make it easier for the judge to understand the demonstration, it also makes it easier on the child giving the demonstration. Posters help prompt the person giving the demo. **MAKE POSTERS EASY TO READ, DON'T PUT TOO MANY WORDS ON THEM, JUST KEY WORDS.**
- * **FINISHED PRODUCT!** Must have some type of finished product.

PARISH DEMO'S DON'T HAVE TO BE AS INVOLVED AS SHORT COURSE DEMO'S

PRESENTING DEMONSTRATIONS:

- * Stand still
- * Speak clearly
- * Stop talking when turning posters
- * Do not wear rings and necklaces
- * Stop talking when getting trays
- * Have everything on trays placed in the order you will use them
- * Dress neatly, if you have a teammate dress alike if you can

FOOD'S DEMO'S:

- * Pull back long hair into a ponytail
- * Wear an apron
- * Have a damp cloth to wipe up spills
- * Use clear containers to put ingredients in
- * Pre-measure all ingredients
- * Use wooden utensils with glass bowls to reduce noise
- * Recipe posters should have **ONLY INGREDIENTS LISTED, NOT DIRECTIONS**

DEMONSTRATION OUTLINE

1. INTRODUCTION

- A. Start with a catchy title and theme and use it throughout demonstration
- B. Pick 3-5 points to talk about and tell briefly what your demonstration will cover

2. BODY OF DEMONSTRATION

A. FOODS DEMONSTRATIONS

- 1. Background or history of the particular food you are featuring. Example: Where it comes from ,where it's grown, is it of economic importance to Louisiana, etc.
- 2. Varieties available. Example: Apples - McIntosh, Red Delicious
- 3. Forms available. Example: Fresh, Frozen, Sauce, Jelly, Canned, Dried, etc.
- 4. Nutritional Value of featured food. Example: Oranges are a good source of Vitamin C which promotes healing. Oranges only have 52 calories per serving.
- 5. Recipe. Tell and show ingredients and show how to make a food dish.

B. NON FOODS DEMONSTRATIONS

- 1. Background or history of subject. Can include why it's important, how economical it is, etc.
- 2. Equipment and Materials needed.
- 3. Show ho to do it or put it together or make it.
- 4. Show any variations.

3. SUMMARY

- A. Briefly go over points
- B. Tell which references you used or where you obtained your information.

REFERENCES

Good references to use for writing demonstration are:

- 1. The Booklet "A METHOD DEMONSTRATION" by The Louisiana Cooperative Extension Service
- 2. 4-H Project Books
- 3. Encyclopedia
- 4. Magazines
- 5. Newspapers

1991 BREAD DEMONSTRATION

BROWNIES - LIKE GRANDMA USE TO MAKE

There are few things in this world that warm hearts and bring on smiles more quickly than freshly baked goodies - still warm from the oven. And one of my favorites is Brownies - Like Grandma used to make. (Point to poster)

Hello! My name is _____ of the _____ 4-H Club. Today, I will show how to make some special brownies and share some nutrition information about them with you. (Turn poster)

Brownies belong to the Bread and Cereal, Rice and Pasta Group of the Food Guide Pyramid. You need 6 - 11 servings from this food group daily along with foods from the Meat Group, Milk Group and Fruit and Vegetable Group. (Point to poster) You need a variety of foods every day to keep your body in healthy condition. (Turn poster)

The bread group furnishes many vitamins and minerals including carbohydrates, protein, iron, B vitamins & fiber. Carbohydrates gives your body energy to do all the fun things you like to do. Protein is used to build and repair body tissues. Iron carries oxygen to all parts of the body. The B vitamins work with outer substances in the body to help your body put them to good use. And whole grain breads also provide fiber which helps in elimination. (Turn poster) (get tray)

Breads are a lot of fun to make and to share with friends. For Brownies - Like Grandma used to make, you will need: (point to poster)

4 Tablespoons Cocoa

1 cup shortening

2 cups sugar

4 eggs

1 ½ cups flour

1 teaspoon salt

1 teaspoon baking powder

1 cup chopped pecans

First mix Cocoa and shortening together. And then cream sugar into shortening. I have already done this to save time. Now add eggs and beat on low for 2 minutes (While mixing say: Sugar adds flavor and tenderness to bread, helps brown th crust and creates a nicely textured loaf. Fats such as shortening increases the bread’s tenderness and keeps it soft and moist. Too little fat in quick breads creates a dry, coarsely grained product. Too much fat produces an oily bread with a crumbly texture. Eggs add to the liquid content of bread, but they also contribute flavor, structure, fat and leavening power.)

I have already combined the salt and baking powder with the flour. Now I will add ½ cup of the flour mixture at a time until all the flour is mixed. (Say while mixing: The most commonly used flour in bread making today is made from wheat. All-purpose flour is a fine-textured flour milled from the inner part of the wheat kernel and contains neither the germ nor the bran layer. By law, in the United States, all flours not containing wheat germ must have the B vitamins added. Most all-purpose flours are labeled “enriched”, indicated that these nutrients have been added).

Now, I’m ready to add the pecans. (Say while mixing: Nuts are optional, but I like them because they give the brownies a crunchy texture.)

Pour mixture into a (size) baking dish and bake in a (degrees) oven for (minutes) minutes. (Put tray back and go to finished product.) This is the finished product

that I prepared earlier. Add a glass of cold milk and you've got yourself a delicious and nutritious after school snack. (Turn poster)

In summary remember:

Six to eleven servings are needed from the bread group daily and breads provide carbohydrates, protein, iron, B vitamins and fiber to your diet. (Turn poster)

So the next time you want a delicious after school snack try Brownies - Like Grandma used to make.

My references for this demonstration were: the cookbook "Breads" by Sharon Herbst and the 4-H project book "Our Daily Bread."

I have enjoyed presenting this demonstration to you and invite you to taste my dish. Are there any questions?

Posters are a MUST for 4-H Demonstrations!

Do not put too many words, this is plenty!

***This list is an example of what would go on the posters for the “Brownie” demonstration. This demonstration has 6 posters.**

POSTERS

1. Brownies - Like Grandma Used to Make by Amanda Broussard
2. Food Guide Pyramid (have pictures of foods)
3. Nutrition
 - Carbohydrates
 - Protein
 - Iron
 - B vitamins
 - Fiber
4. Brownie Ingredients
 - 4 Tablespoons Coco
 - 1 cup Shortening
 - 2 cups sugar
 - 4 eggs
 - 1 ½ cup flour
 - 1 teaspoon salt
 - 1 teaspoon baking powder
 - 1 cup pecans
5. Summary
 - 6 - 11 servings daily
 - Carbohydrates
 - Protein
 - Iron
 - B vitamins
 - Fiber

Tray

1 large enough to hold everything or 2 small ones
- remember you have to be able to lift them.

Clear containers - with handles if possible

Spatula - to scrape wooden spoon

Wooden spoon - to stir in pecans

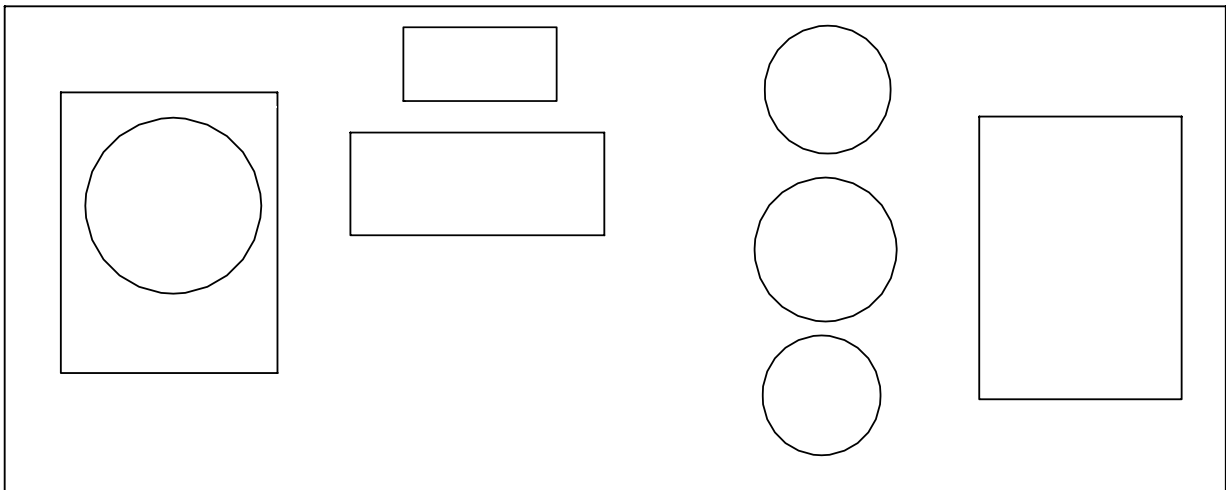
Sponge - to wipe up spills

Glass bowl - make sure it's large enough

Dish towel under bowl - to reduce noise

- * Mixer (have extension cord already plugged in)
- * Bring extension cord
- * (Could already be on one side of table)

Tray set up looks like this:



Pull long hair back in ponytail

Wear an apron

No jewelry!

Tape a large paper sack or trash bag to the back side of the table (so judges don't see it); use this to place all your trash in; it makes for easy clean-up!