PRIDE OF IOWA
4H Presentations

General tips:

- Contestants may select any recipe using at least one ingredient which is an outstanding product of Iowa. No mixes can be the featured product, but a mix could be used as an ingredient.
- Contestants prepare the product as they would at home. No speaking is involved.
- Maximum time allowed is 10 minutes – a stop watch will be used and ribbon placement will be adjusted if overages occur.
- Posters should be neat, well-organized, colorful, durable, and visible! The poster needs to include the recipe being used, member’s name and club name. The ingredient which is to be the outstanding Iowa product is to be featured on the poster. The recipe source must be cited.
- Consider copyright issues. Refer to this website for clarification of copyright regulations: http://www.extension.iastate.edu/4h/statefair/SFExhibitFAQcopy.htm
- The presenter should: introduce the participants, clearly explain what you are going to demonstrate, why you chose the recipe (or why it should be relevant to audience members).
- Body of the presentation: narrow down the information you outlined to the main points you want to get across. Think about the information or the steps needed to effectively demonstrate what you are teaching. (Yes, you are teaching!) Sequence the steps, or organize the information in logical order.
- If wanted, the presenter can fill time by discussing the activities the 4-Her are involved in as well as bringing out some fun facts about the foods that are being used in the recipe.
- Conclusion/Summary of the presentation: repeat the main points that you want the audience to remember one more time. Again include why this topic or information can be valuable to your audience. Always mention your sources. (You could mention your sources in any portion of the demonstration – just make sure that it gets done.) Usually it’s a good idea to say, “This concludes my/our demonstration. Are there any questions?”
- The demonstrator should work on non-verbal communication skills, such as general grooming, cleanliness of hands, clothing, the way you stand, gestures, and, most importantly, eye contact.
- Make sure your hair is pulled back, preferably off your collar, and that you wear shoes that cover your feet, rather than sandals or flip-flops. Wear an apron that covers your chest, abdomen, and thighs.
- Practice. Practice some more.
- Organize your food items and utensils on trays. Having a small bucket or pan of warm, soapy water available can assist with keeping the work area clean. A small bag could be taped to the exhibit table to hold trash that accumulates during the presentation.
- The judge will usually visit with you shortly after your presentation to review the strengths of the presentation and suggest any improvements. During this interview, it will be a good idea to keep in mind the goals that you set for yourself at the beginning of the project. (You will eventually have to identify your goals and how you worked to achieve them for your 4-H record book.) Very often, questions about goals come up during this interview, and it’s important to be prepared to answer them.