

Vanderbilt Recreation and Wellness Center Demonstration Kitchen

PRACTICAL TIPS FOR THE KITCHEN	IT'S A THEATRE – TURN ON YOUR PIZZAZ!
<ul style="list-style-type: none"> • Check to see what materials are already supplied in the kitchen. • Measure the ingredients before you start the demonstration, so they are ready to go. • Keep the ingredient containers handy so you can show the participants what product brands you purchased for the recipe. Plus, some participants may want to look at the nutrition facts label. • If it is an uncommon ingredient, tell them where they can find it in the grocery store. • Find the best method to count how many people you impact. For example, set aside a specific number of serving dishes and count how many are left at the end. • Notice the area the camera covers and be sure what you want on screen is visible and what you don't want on screen is off to the side. • For those who are tall, be aware of the height of the range's hood so you don't hit your head! • Speak slowly and project your voice for everyone to hear. • Talk about the nutritional value of the ingredients in your recipes. Participants like to learn something new, so include an interesting fact! • If the recipe is cost effective, tell them how beneficial this recipe will be for their budget too! • Take turns speaking and preparing the recipe. • Carefully pour liquids so they do not spill during your presentation. • Be aware of the stovetop buttons. Don't accidentally turn a burner on during your demonstration. • If the overhead speakers announce a class or page an employee, just pause and then continue with your demonstration when the speakers turn off. • If attendees come into the demo late, be sure to identify the recipe you're making and recap the steps you have previously taken. • Create a recipe card and hand it out to audience members after your demonstration. 	<ul style="list-style-type: none"> • Prepare yourself mentally – think of this as the Food Network a la Vanderbilt. • Watch some Food Network stars in action – identify your style. • Rehearse, rehearse, rehearse • If you want, wear aprons or a chef's coat to jazz up your look. • Get the audience involved—ask them about their experiences or for answers to nutrition questions. • Smile and be enthusiastic! • Relax and enjoy yourself. If you have fun, the audience will to! • Use humor when appropriate. • Be confident with your skills and knowledge.

Tips provided by Heather Bumbalough and Sarah Ferguson, Dietetic Interns
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