

Good Grinding for Wise Dining
Instructor Guide
Presentation Tips

- **Be Prepared:**
 - Practice reading the lesson beforehand.
 - Have ingredients and supplies (if demonstrating a recipe), or prizes (if needed).

- **Speak Clearly:**
 - Speak slowly and loud enough for everyone to hear.
 - Ask participants to let you know if you need to speak more slowly or louder.

- **Make Eye Contact:**
 - The audience will be more likely to pay attention to the presentation, if you're paying attention to them.
 - Occasionally glance at the audience to be sure they are listening.

- **Answer Honestly:**
 - Refer to the Glossary section if a participant has a question regarding an unfamiliar term.
 - It is okay if you do not know the answers to participants' questions. Answer honestly with "I don't know."
 - Contact program (808) 956-4124 if you have any questions. **DO NOT** distribute our phone number to participants.

- **Be Enthusiastic:**
 - Encourage the audience to participate.
 - Smile and have fun!