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!