In contrast to an illustrated talk, a demonstration shows and tells how to make or do something. The presentation should have clearly identifiable sections including an introduction, main body, and conclusion, often ending in the creation of a final product.

**Posters and Slides**
The posters should address the following points:
- Introduction / Title
- Materials
- Process
- Summary

**Visual Aids**
Visual aids are encouraged. Product labels should be limited to generic names and product names should be covered. The work area and table space used for the presentation should be used to the speaker’s best advantage. Handing out flyers and samples should not cause a distraction.

**Length**
- Cloverbud, ages 5-7: 1-5 minutes
- Junior/Intermediate, ages 8-13: 3-7 minutes
- Senior ages, 14-18: 7-20 minutes

No specific point penalties will be applied for a demonstration over or under time suggestions. Judges may score presentation at a lower quality if time was not used properly.

**Number of Presenters**
An individual presentation is delivered by one speaker. A team presentation is delivered by up to three speakers. Team members should divide work and speaking parts equally. An uneven distribution of work or speaking parts will impact the evaluation.

**Questions**
Anyone may ask questions. Evaluators/judges generally ask questions first. Time for questions may be limited, if necessary, for schedule.

**Notes**
Use of notes for demonstrations is discouraged. Posters and/or visual aids should provide any necessary prompting.

**Attire**
Appropriate attire for the occasion. Costumes may be used.

If you make the peanut butter and jelly sandwich in front of the audience, it is a demonstration. If you tell the audience how to make a peanut butter and jelly sandwich using visual aids, it is an illustrated talk.