Correct. Multiply each term in the first polynomial with each term in the second polynomial and then combine the like terms.

$$2n(5n^{2})+2n(3n)+2n(-4)+5(5n^{2})+5(3n)+5(-4)$$
  
= 10n<sup>3</sup>+6n<sup>2</sup>-8n+25n<sup>2</sup>+15n-20 = 10n<sup>3</sup>+31n<sup>2</sup>+  
7n-20