



IRON CHEF-type ACTIVITY: “Christy’s Kitchen”

Concept

This event is modeled after the Iron Chef competition itself. In the show, two chefs flaunt their culinary powers, each trying to outdo the other with the variety, style and presentation of their dishes. Each week a "challenger" is invited to Kitchen Stadium to do battle against one of the Iron Chefs. The challenger chooses his opponent, and the Chairman reveals the [secret ingredient](#). Each chef and his team then has one hour to prepare a variety of dishes that all feature the secret ingredient for a panel of judges. The judges rate the food on its flavor, presentation, and originality and vote on a winner.

Rules

Two teams will attempt to prepare a meal in Christy’s Kitchen. Most of the rules have been modified slightly from the television version.

- All dishes must reasonably contain the theme ingredient. (i.e. Simply putting it on the side does not count.)
- All dishes must be presented *on time* (1pm).
- Each team will be required to prepare a meal for 6 people. Both teams will be cooking at the same time.
- The secret ingredient will be revealed at 10 AM. This gives teams three hours to plan, shop for and cook their meals.
- All preparation must be done on site (no precooked foods, pizza delivered etc...)
- Each team will receive a budget of \$60. Receipts will be checked.
- Each team will prepare at least one appetizer, one entrée and one dessert.

Scoring

The scoring will be determined as follows. The judge will rank the meals on the following categories:

- Quality of preparation/flavor (10 points)
- Originality (10 points)
- Variety (5 points)
- Presentation (visual appearance of the dish) (5 points)

Teams will receive 5 points for every person on their team who helps cook!

How to Use Games and Activities to Build and Train Teams

Following are some guidelines to help you get the maximum effect from games and activities:

Before Conducting the Activity

1. Select the most appropriate activity. Begin by identifying the activities that match your primary purpose. Decide whether you are working in a team building or a team-training mode. Then select the specific activity that best matches your available time, number of participants, and other logistic constraints.
2. Review the activity with your client and a few representative participants.
3. Conduct a dry run. If appropriate, walk through the steps of the activity with your co-facilitator. Make suitable adaptations to better suit the needs and preferences of your participants.
4. Estimate the number of participants and collect all the required supplies and materials. Make enough copies of game materials and handouts.
5. Specify the overall goals and objectives for your team-building or team-training session. Decide how to reach additional objectives that are likely to be achieved by the activity.
6. Plan your briefing procedure. Decide whether to present a "lecturette" before conducting the activity.
7. Plan your debriefing procedure. Prepare a list of discussion questions to ensure that participants will reflect on their performance.
8. Anticipate possible disasters. Ask yourself a series of what-if questions. Brainstorm preventative steps and contingency plans with your co-facilitator.
9. Anticipate a smooth flow of the activity. Visualize your participants enjoying the activity and learning from it.

During the Activity

1. Get into the activity as quickly as possible. Keep your initial presentations and instructions to a minimum.

2. Present an outline of the important rules and steps of the activity. Assign roles to different participants and distribute the materials.
3. Warn participants that they may be confused initially. Explain that things will become clearer as the activity progresses.
4. Don't interfere with participant behaviors once the activity has begun. Remind participants of the rules when necessary. Implement time limits and other rules in a fair but flexible manner.
5. Move smoothly from one stage of the activity to the next.
6. Bring the activity to a definite conclusion at the end of the assigned time period or when the goal is achieved.

After the Activity

1. Conduct a debriefing discussion. Ask participants to reflect on their performance and share their insights with one another.
2. Ask participants to report on what they learned from the activity. Also ask them for their action plans based on the newly learned procedures and principles.
3. Invite participants to ask you questions about the activity and the learning out-comes. Correct any misconceptions. Add suitable *caveats*--conceptual material and/or lessons from your experience--to prevent participants from going far beyond the data.
4. Suggest suitable follow-up activities.

Always Remember

Games and activities are tools to help you achieve team-building and team-training goals. Keep focused on those goals to prevent an activity from becoming an end in itself. Be flexible. Although games and activities have rules, don't become obsessed with them. An important requirement for effective teamwork is to maintain your sense of humor and to take serious things playfully.