

Kitchen #: \_\_\_\_\_

Team Members:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Preparation Day: \_\_\_\_\_

Competition Day: \_\_\_\_\_



## **RULES AND REGULATIONS**

1. The Iron Chef Competition will be made up of kitchen lab groups/teams (4-5 students). Each class period will compete for the title of Iron Chef. There will be one winning team from each class period.
2. Each team will create one dish or item using the *Secret Ingredient* to present to the judges in whatever plating techniques or theme they desire. Each team will have a presentation space of 22" x 28".
3. There will be three days of the competition as follows:

### **Day 1: Intro and Planning Day**

- The teacher will introduce the competition and explain all requirements and rules. Teams will also be told what the *Secret Ingredient* will be on this day.
- Students will use the remaining class time to plan and prepare. Students will fill out the *Planning and Preparation Sheet* and *Shopping List*. Both of these items must be reviewed by the teacher on Day 1.
- Students must approve their recipe with the teacher on Day 1 or risk disqualification. This will ensure that students will be able to complete the dish and clean up in the allotted class time.
- Recipe books, computers and other resources will be available for students to use in finding appropriate recipes that incorporate the *Secret Ingredient*.

### **Day 2: Preparation Day**

- Students will prepare all components of their dish and presentation. Time will be spent preparing the food as well as the presentation set-up. All food/dishes will be stored in the refrigerator until Competition Day.

### **Day 3: Competition Day**

- Each team will spend the first 25-30 minutes of the class period, before judging begins, to warm up their food, plate, garnish and present the dish staying within the 22" x 28" designated presentation space. A picture will be taken of each team with their plated dish prior to the start of the competition. All kitchen units must also be clean and checked-off within this 25-30 minute time frame.
  - Each dish (or plate) will need to have enough food for 3 judges to sample and taste. (See the *Judges Score Sheet* to see exactly what your plates will be judged on.)
  - While judges are grading each team's dish, contestants are not allowed to interfere, persuade or come into contact with the judges. Disqualification will result if rules are broken.
  - During the judging, contestants will be responsible for filling out the *Peer Evaluation Form* and waiting patiently in the regular classroom until the end of the class. Results will be announced at the beginning of the following class period.
  - After the judging, students will use the last 10 minutes of the class period to clean up and clear their presentation space, finish washing any dishes and make sure their kitchen is completely checked-off before being excused.
4. In addition to the *Secret Ingredient*, each team will be provided with staple ingredients such as flour, spices, salt, sugar, oil, baking soda, etc. Anything else not already stocked in the classroom pantry must be provided by the team. Additional food or garnish items provided by the students cannot exceed a \$5.00 limit.
  5. This is a school competition which means the entire team must prepare the dish at school. Dishes made at home will be disqualified from the competition. If students wish to come in before school, after school or during Advisory to prepare a portion of their dish or presentation, they may schedule a time with the teacher to do so. However, all members of the team must be present during any portion of food preparation, or disqualification will result.

# IRON CHEF

## Judges Score Sheet

1. The Iron Chef Competition will be made up of kitchen lab groups/teams (4-5 students). Each class period will compete for the title of Iron Chef. There will be one winning team from each class period.
2. Each team will create one dish or item to present to the judges in whatever plating techniques or theme they desire. Each team will have a presentation space of 22" x 28".
3. Judges will grade on presentation/eye appeal, uniqueness/creativity, color, texture, aroma, taste, temperature, degree of difficulty and over-all presentation.
4. During judging, contestants are not allowed to interfere, persuade or come into contact with the judges. Disqualification will result if rules are broken.

### Evaluation

Class Period: \_\_\_\_\_

Team #: \_\_\_\_\_

Judges Number: \_\_\_\_\_

	1-10 Rating (10 being highest)	Judge's Comments
Presentation/Eye Appeal	1 2 3 4 5 6 7 8 9 10	
Uniqueness/Creativity	1 2 3 4 5 6 7 8 9 10	
Color and Texture	1 2 3 4 5 6 7 8 9 10	
Aroma and Taste	1 2 3 4 5 6 7 8 9 10	
Temperature	1 2 3 4 5 6 7 8 9 10	
Degree of Difficulty	1 2 3 4 5 6 7 8 9 10	
Over-All Presentation	1 2 3 4 5 6 7 8 9 10	
	<b>Total Score:            /70</b>	

# IRON CHEF

## Team Grading Rubric

This competition is worth 50 points total. The breakdown is identified below:

Class Period: \_\_\_\_\_ Kitchen/Team #: \_\_\_\_\_

Student	Planning Day (5 pts)	Preparation Day (15 pts)	Competition Day (15 pts)	Peer Evaluation (5 pts)	Judges Score (5 pts)	Teacher Score (5 pts)

### **Planning Day (5):**

- Participation in planning process: 3 points
- Turned in completed planning sheet: 2 points

### **Preparation Day (15):**

- Participation in preparation process: 5 points
- Follow through on assignments: 5 points
- Clean-Up of presentation space and unit: 5 points

### **Competition Day (15):**

- Participation in competition process: 5 points
- Follow through on assignments: 5 points
- Clean-Up of presentation space and unit: 5 points

### **Peer Evaluation (5):**

- Average score of peer evaluation: 1 point – 5 points

### **Judges Score (5):**

- Average score between 60-70 = 5 points
- Average score between 50-59 = 4 points
- Average score between 40-49 = 3 points
- Average score between 30-39 = 2 points
- Average score between 29 or below = 1 point

### **Teacher Score (5):**

- Evaluation of meeting the assignment: 1 point – 5 points

# IRON CHEF

## Peer Grading Rubric

Rate your teammates on their performance during this competition. Consider factors like follow through with assignments, work ethic and overall attitude. Please rate yourself as well.

Student Name	Peer Grading (1 bad - 5 great)	Comments
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	

# IRON CHEF

## Peer Grading Rubric

Rate your teammates on their performance during this competition. Consider factors like follow through with assignments, work ethic and overall attitude. Please rate yourself as well.

Student Name	Peer Grading (1 bad - 5 great)	Comments
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	

# IRON CHEF

## Planning and Preparation Sheet

Class Period: \_\_\_\_\_ Kitchen/Team #: \_\_\_\_\_

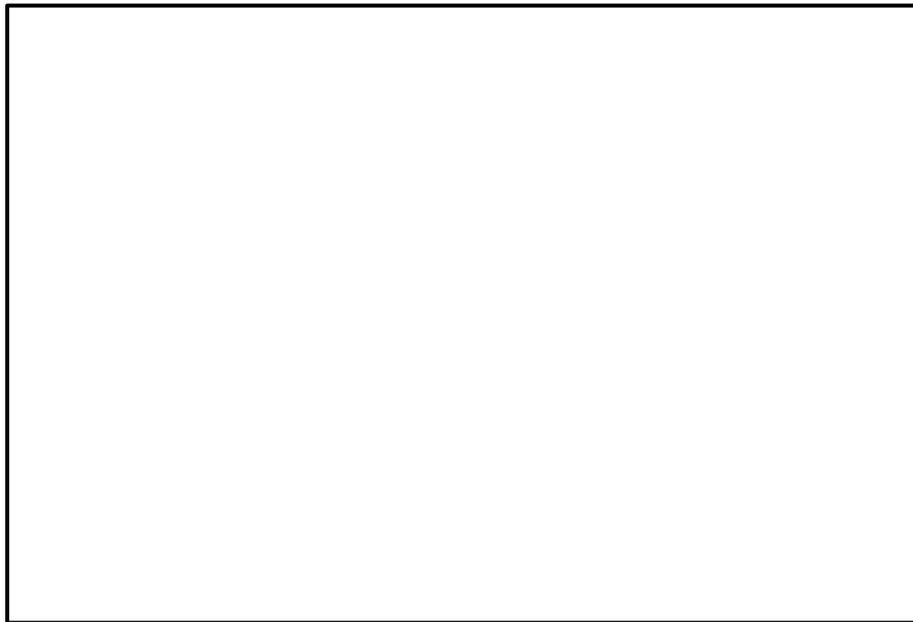
Names: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Secret Ingredient: \_\_\_\_\_

Dish/Recipe You Are Presenting: \_\_\_\_\_

1. What is your presentation theme/idea? \_\_\_\_\_  
(Ex: Italian, Asian, American, etc.)

Draw a sketch of the 22" x 28" presentation space. How will it be decorated? What accessories or decorations will be used? What additional kitchen equipment or dishes will need to be brought in?



2. Decide on a recipe using the Secret Ingredient. You may use a recipe from home or find one in the recipe books provided by your teacher. You may also use the computer to find an appropriate recipe online. Good sources for recipes include:

<http://allrecipes.com/>

<http://www.pinterest.com/>

<http://www.kraftrecipes.com/home.aspx>

<http://www.tasteofhome.com/recipes>

Your team's recipe must be approved by the teacher on *Day 1: Planning Day*. Try to find a recipe that can be completed in the class time provided. Attach a copy of the recipe to this planning sheet. Ask the teacher to make a copy if needed.

Teacher Approval/Signature for Recipe



