2024 National Order of the Arrow Conference

Session: Iron Chef

Session Length: 30 minutes

Session Description

Prepare to ignite your passion for cooking and compete in NOACs ultimate culinary challenge! Arrowmen will compete against the clock to prepare a dish for a panel of judges. Whether you're a seasoned chef, or an excited beginner, come showcase your skills and see if you can become NOACs next Iron Chef!

The thirty minute session will be broken down as follows:

+ Five minutes explaining rules and briefing contestants
+ Twenty minutes preparing dishes
+ Five Minutes judging dishes

Learning Outcomes

The participants competing in the Iron Chef competition will be able to take away many different lessons. Including but not limited to, Creativity, flexibility, kitchen skills, and healthy competition.

Outcome 1: Creativity / Flexibility - The limited time and ingredients for the contestants to work with will help them engage and be creative, as they race the clock to make their dishes.
Outcome 2: Kitchen Skills - This event is for people of all different skill levels to come have fun and experiment in the kitchen as they make their dishes. They will be able to apply skills they already have or learn new ones from their fellow competitors or on their own as they work through the challenge.

Outcome 3: Healthy Competition - This event is all about having fun and being safe in the kitchen, but the contestants will still pick a winner at the end of the round. This is a good

opportunity for the youth and adults to have fun competing with each other and having an example of what good spirited competition is about.

Theme Connection: Seek New Heights

The Original Iron Chef competition is about finding the best of the best chefs and letting them show off their impressive skills from years of training and hard work. In our case it will be contestants of all ages and skill levels. However, it will connect to the theme of Seek New Heights as all contestants strive to do their best, and either hone skills already had or step out of their comfort zone to try something new.

Facility and Material Needs

[Please put all material and facility needs in this section. We recommend completing this portion last after the rest of the lesson plan is completed. **The more specific you are with your material and facility requests, the better we can accommodate!**]

Facility Needs

Is this session remote delegate-compatible? (ie. can the material be engagingly taught via live stream)	No
Does this session need audio/video (AV) capabilities? (ie. projector)	No
Are there any other specific facility needs for this session? (ie. movable chairs, panel-style seating, etc.)	Three dorm kitchenettes for the competition to take place at.

Material Needs

[Please put "NOAC Training Committee" under "Source" if you need a material and cannot source it yourself - we will try to source it for you. Please note that we would strongly prefer training materials to be in a digital format and would advise against flipcharts and other physical materials. If you need microphones, extension cords, etc., please also specify those needs here.]

6 scouts per session x 8 sessions x 3 locations x 3 day s= 432 scouts

Max need estimate	6 person	8 sessions day	3 locations	**3 day total**
Food list NOAC cookoff	session	locationday	**Total**	
Eggs	10	80	240	**720**
Bacon	½ lb	4 lb	12 lb	**32 lb**
Ham	1/8 lb	1 lb	3 lb	**9 lb**
Sausage	¼ lb	2 lb	6 lb	**18 lb**
Pancake mix	1/8 box	1 box	3 box	**9 box**
Syrup	1 per loc	1 per loc	1 per loc	**3**

Milk	4 cup	2 gal	6 gal	**18 gal**
Butter	2 sticks	16 sticks	48 sticks	**144 sticks**
Salt & Pepper	1 per loc	1 per loc	1 per loc	**3**
Peppers (red yellow green)	1/4 each	2 each	6 each	**18 each**
Onions	1/4 each	2 each	6 each	**18 each**
Tomato	1/4 each	2 each	6 each	**18 each**
Hash browns	1/4 lb	2 lb	6 lb	**18 lb**
Shredded Cheese (American)	½ lb	4 lb	12 lb	**32 lb**
Bread	1/8 loaf	1 loaf	3 loaf	**9 loaf**
Bagels	4 bagels	32 bagels	96 bagels	**288 bagels**
Jam	1 per loc	1 per loc	1 per loc	**3**
Cinnamon	1 per loc	1 per loc	1 per loc	**3**
Cooking oil		1 a day	3	**9**
Hot sauce	1 per loc	1 per loc	1 per loc	**3**
Vanilla	1 per loc	1 per loc	1 per loc	**3**

Other items list NOAC cookoff	session	locationday	**Total**
Paper towels	1 roll	8 rolls	24 rolls	**72 rolls**
Tin foil		1 box	3 boxes	**9 boxes**
Paper platers	8	64	192	**576**
Spoons	6	48	144	**432**
Forks	6	48	144	**432**
Knives	6	48	144	**432**
Qt freezer zip bags	4	32	96	**288**

Session Preparation Steps

[Please list all steps you or another trainer would need to take to be prepared to teach this session. For example, if the trainer needs to add personal experiences, print handouts, or prepare items for a game, those should be listed here. **The goal is for someone to be able to read this syllabus and understand how to teach your session in the future!**]

Step 1: Researching and reaching out to a trusted advisor who has a run a competition similar in the past to start gathering ideas on how best to run the event. Prepare a needs list for equipment, consumables, and facilities.

Step 2: Determine how many participants will be participating to estimate athe need for staff per session.

Step 3: Create a script/roadmap for the staff members to follow at the different locations to help ensure all participants are getting a quality experience.

Step 4: Have a briefing with your staff to make sure their are no questions on procedures and the break down of timing for the event and hand out the script / roadmap.
Step 5: After the first day of sessions meet with staff and have a start, stop, continue session to make sure there were no wrinkles throught the day or things to alter to make things run more smoothly.

Additional Staff Members

[If you are having additional trainers assist you with your session, please fill out their contact information below. Please note that due to the conference sell-out, we are limited in our ability to register additional staff members on the training committee. We recommend that your additional trainers come from contingents or other staff members that can break from their duties to facilitate the session.]

Trainer Name	Email	Phone #

Lesson Plan

[The main body of your presentation should be here. Remember to adjust the timing for each session as you add/edit topics. **Remember, be as specific as possible - the goal is for someone to be able to read this syllabus and understand how to facilitate your session in the future!**]

Helpful Templates:

Activity

Copy and paste this box wherever you have an activity in this session!

Materials Needed: [materials]
Length of Activity: # [min]
Activity Description: [description]

Trainer Action

If at any point the trainer needs to complete an action (play a video clip, prompt questions, etc.) copy paste this box and edit this text to specify what!

Introduction **5 minutes**

- Welcome everyone, explain the rules and procedures for the competition.

Cooking portion **20 minutes**

- The participants will create their dishes using the pantry and equipment we have provided on the theme of breakfast.

Judging **5 minutes**

- Once the twenty minutes is up the participants will come together with the staff and judge the dishes to determine the winner of the session.