

Yom Iron Chef

7:45-8:15 – t'filot

- davening
- 10 min peulah
- talk about birkat and need for new distribution system (Shragis)
- split into groups, create new distribution system
- give out hats/ aprons to wear to breakfast

10:00- split into groups

*** Hayom Yom Iron Chef. Iron Chef is a competition to see which chef can make the best, yummiest looking, most creative food. You are all chefs in this competition. In order to make your meals, you need to be able to use all types of food. You are Jewish, and must be able to make your food kosher, and also must know how to balance a diet correctly. You will all be given a food pyramid, and this morning you will be given different tasks in learning about how to fill your pyramid. You must have the pyramid filled out this morning in order to make your meals in the afternoon. Remember: this whole day is a competition, so make sure you give your team the best chance to win!***

10:10- 12:35 -- 6 stations

10:10- 10:30

- station 1: group 1
- station 2: group 2
- station 3: group 3
- station 4: group 4
- station 5: group 5
- station 6: group 6

10:35- 10:55

- station 1: group 6
- station 2: group 1
- station 3: group 2
- station 4: group 3
- station 5: group 4
- station 6: group 5

11:00- 11:20

- station 1: group 5
- station 2: group 6
- station 3: group 1
- station 4: group 2
- station 5: group 3
- station 6: group 4

11:25- 11:45

- station 1: group 4
- station 2: group 5
- station 3: group 6
- station 4: group 1
- station 5: group 2
- station 6: group 3

11:50- 12:10

- station 1: group 3
- station 2: group 4
- station 3: group 5
- station 4: group 6
- station 5: group 1
- station 6: group 2

12:15- 12:35

- station 1: group 2
- station 2: group 3
- station 3: group 4
- station 4: group 5
- station 5: group 6
- station 6: group 1

Station 1: Gan Kitchen (Or- Making Sweets)

- Fats/ Oils/ Sweets
- “You might think that to be healthy, you have to cut out this group entirely... but that’s not true! Fats, oils, and sweets are an important part of your diet, as long as you eat in moderation. Besides, these are yummy and make you happy- which is equally important! In fact, you should have four servings a day!”

- dipping pretzels in chocolate/ sprinkles
- melting sugar and making shapes with it

Station 2: Bet am Aleph stage (Shragis- making skits)

- Grains/ carbs
- “The bottom of the pyramid, which you have to eat the most of each day, and which you see the most of each day are grains. A balanced diet includes 6 servings of grains every day. There are many different types of grains and they show up in the most creative ways in different meals. Today you will focus on one grain and show it in a very creative way. You have to use this prop and the five facts about the grain to come up with a creative skit which you will show later on during the competition.”
- Each team gets a different sheet of five facts and the same prop as the others, and must come up with a creative three minute skit having to do with that grain

Station 3: Back of bet Am Aleph (Sarah – board game)

- Meat and Poultry
- “Meat and poultry, no pun intended, are the meat of the meal. You should eat 5 servings of meat and poultry every day. Meat and poultry are not only nutritious, but there are also many important kashrut laws that determine which animals we can and cannot eat. In order to win the game and successfully complete this station, you will have to complete tasks and answer questions using what you know about meat and poultry. ”
- Big version of chutes and ladders
- Roll the dice and move that amount of spaces
- When campers land on a question mark, they answer a question
- When campers land on an exclamation point, they perform a task

Station 4: Gazebo (Max- Game Show)

- Fish/ Nuts/ Beans/ Eggs
- Welcome to Would You Rather! Today we are going to focus on proteins, specifically fish, nuts, beans and eggs. You should eat 5 servings of proteins a day. Protein builds up, maintains, and replaces the tissues in your body. Your muscles, immune systems and organs are made up of protein. Today you will be participating in a game show that tests your knowledge of proteins. You will have to choose between two options. You have to make your decisions as a healthy Jewish Shoafimer. This means you should consider both health and kashrut.”
- Who wants to be a millionaire style game show, with questions about the various proteins.

Station 5: Volleyball Court (Jill- planting a garden)

- Fruits and Vegetables
- “Learn how to grow your own food; home-grown fruits and veggies are the best. Most important is to plant the food with love. A healthy and balanced diet contains 5 servings: 2 1/2 cups of vegetables and 1 1/2 cups of fruit”
- All the steps of planting a garden, but planting fake seeds in the end
- Step 1: Remove all rocks
- Step 2: rake ground
- Step 3: make rows
- Step 4: pat down ground (make hard)
- Step 5: make holes for seeds
- Step 6: plant seeds
- Step 7: cover seeds
- Step 8: water with watering can
- Step 9: spray with pesticides (bugs aren't kosher!)

Station 6: Migrash [rain location porch of bunk 8] (EB- making a skeleton)

- Dairy
- “Who knows a vitamin that is found in dairy products? (answer: calcium). Why is calcium important? (answer: makes your bones strong). A Shoafimer should have 3 cups of dairy products every day. Today your tasks is to make choices to make a healthy, Jewish body. Sometimes you'll have to choose the product that is most kosher. Sometimes you'll have to choose the product that has the most calcium and will build the strongest bones. And sometimes, each choice is equally kosher and calcium- rich, and you just have to choose the one you want to go into your body the most, based on which one you like the best.”
- Choose which skull, rib cage, upper and lower right and left arm, right and left leg bone you want to build your skeleton.
- Cut out, tape together, and decorate your skeleton

12:40- lunch k'tzrif

1:15- menucha (good life chug in bet am aleph)

2:00- peulat tzrif

3:00- 3:10 split into groups

You are now going to put all of your knowledge about the food pyramid to good use and make your meals!! There are certain qualifications each team must meet. Your team must be all have matching aprons/ chef's hats! Your dishes must use ingredients from each of the food groups! You must have a three minute skit about grain! You will be judged on the taste of your food, the creativity of your aprons and skits, and the presentation of your food!

3:10- 3:40 decorate aprons/ hats (2 counselors with each group)

- use sharpies (and glitter and glue)
 - make a team name and symbol, which must be displayed prominently!
 - Location- groups 1, 2, and 3 around bet am aleph, groups 4, 5, and 6 around ivrit classroom
- 3:40- 4:10 plan meal (2 counselors with each group)
- you must plan two dishes, at least one of which does not require an oven
 - your team will be split into two- one will have access to an oven, one will not, so plan your menu accordingly
 - you must use ingredients from all five food groups- dairy, protein, grain, fruits & veggies, and fats/oils/ sweets
 - remember- you will be judged on taste, creativity and plating
 - stay in same locations
- 4:10-5:30 make meal (one counselor with each half group)
- each group splits into two
 - group 1,2, and 3- half stay in bet am, half go to gan kitchen
 - groups 4, 5, and 6- half stay in classrooms, half go to kitchen
 - counselors helping with cutting, appliances, and ovens, monitoring very carefully
 - try to start plating
- 5:30- 5:45 clean up area (get points for cleaning up quickly/ without needing to be asked twice)
- 5:45- 6:30 free time
- 6:30 dinner
- 7:15 peulat erev (TASTING TIME)
- 7:15-7:30 set up area
- each team gets a bench, must plate everything nicely/ plan a one minute presentation
 - should be neat, and creative
- 7:30- 7:45 judging
- judges go around to each table and taste/ score food (and aprons and presentation)
 - each group makes a one minute presentation about their food
- 7:45- 8:10 judging continued
- each group presents their grain skit
 - judges tally scores
- 8:10- 8:15
- announce winners
 - announce prize (dinner cooked by counselors one day)
 - rad hayom
- 8:15- 8:30 free time

GO YOM IRON CHEF!

Group 1: Erica (Or in the afternoon)

- Natan Fandel
- Micha Salzberg
- Leah Voytovich
- Maxie Barth
- Aiden Sherry
- Alex Gronblum
- Dustin Gad
- Rachel Orbach
- Talia Rudofsky
- Jacob Chanin
- Herbie Rimmerman
- Jacob Spiegel

Group 2: Charlene (Max in the afternoon)

- Alex Garber
- Noah Clement
- Emma Gelb
- Shoshi Brickman
- Jacques Ben- Avie
- Matt Fiedler
- Jonas Lustbader
- Faythe Gomolka
- Sydney Weiser
- Bryan Knapp
- Leeore Intrator

Group 3: Mira (Sarah in the afternoon)

- Nadav Kalender
- Jonah Messinger
- Arielle Leeman
- Penina Satlow
- Josh Hone
- Gabe Cohen
- Jonah Weinbaum
- Samara Langsam
- Leora Singer
- Alan Jinich
- Coby Simler

Group 4: Adam (Shragis in the afternoon)

- Jesse Kramer
- Ari Sporkin
- Rachel Fiedler
- Allison Siegel
- Jordan Werbel
- Ezra Pine
- Shoshi Berk
- Talya Wellisch
- Miriam Minsk
- Jerry Bermel
- Ariel Weil

Group 5: Aaron (EB in the afternoon)

- Eytan Layman
- Josh Strauss
- Ilana Krabs
- Alicia Blazer
- Jonah Eisenberg
- Dan Strauss
- Shari Traiger
- Olivia Kleiman
- Gracie White
- Emmett Stein
- Uriel DaLuz

Group 6: Tito (Jill in the afternoon)

- Ari Levy
- Ron Zeligson
- Gabi Rifkind
- Cara Linder
- Jonah Rosenblum
- Zev Granowitz
- Michelle Delman
- Sarah Mainzer
- Abi Gold-Pastor
- Lee Milburn
- Henry Raker

Rotating all day- Hannah and Arielle

Yom Iron Chef: Chutes and Ladders Questions and Tasks

Questions:

1. Q: What is the most commonly eaten kosher animal?
A: Cows
2. Q: What barucha do you say over chicken and meat?
A: shehacol neehiya beedvaro
3. Q: According to kashrut laws, you have to wait before you eat dairy after eating meat. Is there a difference in wait time if you eat chicken or beef?
A: Yes there is. You need to wait longer if you eat beef.
4. Q: What is the pasuk in the Torah that mentions the connection between meat and milk?
A: Don't cook a kid in its mothers milk.
5. Q: What are the two qualifications an animal must meet in order to be kosher?
A: split hooves and chews its cud
6. Q: How many portions of meat and poultry do you need to eat a day?
A: 5
7. Q: What nutrients does meat contain?
A: Iron
8. Q: Which country has the most sheep?
A: New Zealand
9. Q: What is veal?
A: The meat of a calf (baby cow)
10. Q: What is the average age of cow when it is slaughtered?
A: 5 Years Old
11. Q: What is the average life span of a chicken?
A: 11 years
12. Q: Which country eats the most meat?
A: USA
13. Q: What is the most nutritious meat or poultry?
A: Chicken breast
14. Q: What country produces the most meat?
A: China
15. Q: What part of a cow is steak?
A: muscles
16. Q: How long can you keep meat frozen for?
A: One year
17. Q: Which religion does not allow its followers to eat cows?
A: Hinduism
18. Q: Which country consumes the most chicken a year?
A: USA
19. Q: How do you halakhically kill a chicken?
A: You have to kill the chicken by cutting its throat and then you must salt the meat
20. Q: If a meat is kosher, can I always eat it?
A: No, if it is not killed halakhically you cannot eat it, even if it's kosher

Tasks

1. Name as many kosher animals as you can in 30 seconds.
2. Move 3 spaces acting as an animal.
3. Imitate a chicken.
4. Name 5 parts of a cow you can eat. Answer: All parts of a cow can be eaten, except the teeth, horn and blood
5. Invent a new chicken soup recipe
6. Do the chicken dance
7. Name 5 methods of cooking meat. Answer: frying, cooking, roasting, smoking, baking, grilling, pickled, etc.
8. Name 6 parts of a chicken.
9. Name 5 types of poultry. Answer: chicken, ducks, turkey, peacocks, geese and doves.
10. Make as many animal noises as you can think of in 10 seconds.