NAME OF ACTIVITY: TEAM IRON CHEF

Description of Activity:
This is a fun group activity that allows group members to share their preferences, skills, and interests and to work together to create a common outcome that is enjoyable to all. This activity helps groups to approach the decision making process in a collaborative way where all will take responsibility for the final outcome.

Learning Objectives:
- To be able to create a plan that best incorporates the needs of the group
- To decide on shared goals across members
- To identify skills of group members and designate accountability for all tasks required
- To share final accountability for the final result

Number of participants: This activity is appropriate for groups of 6-12 team members from different professions

Amount of time needed: 2-4 hours

Space/environment considerations:
This activity requires the use of a kitchen. Consider Wellspring or a team member's home.

Materials:
- Basic cooking and food preparation equipment (knives, cutting boards, pots, pans, spatula, etc.)
- Plates, utensils, cups.
- Flip chart or white board

Instructions for activity
1. Each member of the team must bring in one favourite food ingredient
2. One team member will be responsible for bringing some food staples (e.g. oil, rice, pasta, salt and pepper, etc.)
3. Upon gathering the team should take inventory of their ingredients. As a team, plan a meal that incorporates all ingredients. Use the staple items as needed. The final meal must be agreeable to all participants.
4. Use the flip chart to assign preparation tasks to each team member. Consider skill set and preferences.
5. Once your meal is prepared enjoy it together.
6. Assign clean up tasks – many hands makes fast work.

Facilitation
- Facilitator required – contact Clinical Nutrition Professional and Education Leader at ext. 4222
- Debrief questions:
  o Consider your final product. Is there anything you would change if you were to do this again?
  o How did you team do when designating tasks? Was the work equally distributed?
  o Was the final product agreeable to all team members? If not, how could you have modified your product to better meet the needs of the whole team?

Credits/Acknowledgement for Activity: Created by Hannah Da Silva

We encourage you to use the evaluation form found here (insert hyperlink) to better understand how this worked for your team and what team learned from this activity. To provide feedback about this activity or process or for more information click here (insert hyperlink)