

Lunch at a Volleyball Tournament Intermediate

Abby is high school junior attending an all day volleyball tournament held at a college campus. She has a game at 9:00 a.m., 2:00 p.m., and 5:00 p.m. Most of Abby's teammates eat at the concession stand and she likes to spend time with them. She feels uncomfortable eating in the cafeteria area unless she purchases something from the concession stand.

Because she has had several weekend volleyball tournaments, she has not been able to work as much and money is getting tight. Abbey also recognizes that she needs a meal that will provide enough calories and protein to play well, while not having too much fat or added sugar?

Criteria:

- Allows time spent with friends
- Cost
- Adequate in calories & protein
- ↓ in fat & added sugar

Lunch at a Volleyball Tournament Senior

Abby is high school junior attending an all day volleyball tournament held at a college campus. She has a game at 9:00 a.m., 2:00 p.m., and 5:00 p.m. Most of Abby's teammates eat at the concession stand and she likes to spend time with them. She feels uncomfortable eating in the cafeteria area unless she purchases something from the concession stand.

Because she has had several weekend volleyball tournaments, she has not been able to work as much and money is getting tight. Abby also recognizes that she needs a meal that will provide enough calories and protein to play well, while not having too much fat or added sugar?

#1

From concession stand: Hamburger
 From home packed in a cooler: prepackaged diced pears, carrot sticks, and 100% orange juice box

Cost: \$4.50

	Amount	Calories	Protein	Fat	Sugar
Hamburger	Larger burger with condiments	438	26	20	6
Diced Pears	½ cup	72	0	0	15
Carrot Sticks	1/ 2 cup	25	1	0	3
100% Orange Juice	1 cup	110	2	0	21
Totals		645	29	20	45



#2

From home packed in a cooler: Ham sandwich, prepackaged diced pears, carrot sticks, 100% orange juice box.

Cost: \$2.50

		Calories	Protein	Fat	Sugar
Ham Sandwich	3 oz ham 2 slices wheat bread 1 tbsp. mayo	335	22	15	4
Diced Pears	½ cup	72	0	0	15
Carrot Sticks	1/ 2 cup	25	1	0	3
100% Orange Juice	1 cup	110	2	0	21
Totals		542	25	15	43

#3

From Concession Stand: Hamburger, small popcorn

Cost: \$5

		Calories	Protein	Fat	Sugar
Hamburger	Large burger with condiments	438	26	20	6
Small Popcorn	3 cups	165	3	9	0
Totals		603	29	29	6



#4

From Concession Stand: Hot dog, Snickers Candy Bar, and Mountain Dew

Cost: \$4

		Calories	Protein	Fat	Sugar
Hot dog	1 regular	242	10	14	4
Snickers Candy Bar	1 regular size	280	4	14	30
Mountain Dew	20 oz	180	0	0	44
Totals		702	14	28	78

Volleyball Tournament Lunch Options Official Placing

Placing: 1-2-3-4
Cuts: 2-3-4

I place this class of Volleyball Tournament Lunch Options 1-2-3-4.

In the top pair of the class, I placed 1 over 2 because 1 allows Abby to purchase an item which will provide more comfort for her to eat with her friends in the cafeteria area. I grant that 2 is less expensive and is lower in fat and added sugars.

In the middle pair, I placed 2 over 3 because 2 is less expensive and is lower in fats. Granted, 3 includes purchases from the concession stand, allowing Abby to comfortably eat with her friends.

In the bottom pair, I placed 3 over 4 because 3 is lower in added sugars and fats. Granted, 4 is less expensive.

For these reasons I place this class of volleyball tournament lunch options 1-2-3-4.

Volleyball
Tournament Lunch
Options
Official
Placement:1-2-3-4
Cuts:2,3,4

1-2-3-4 - 50
1-2-4-3 - 46
1-3-2-4 - 47
1-3-4-2 - 40
1-4-2-3 - 39
1-4-3-2 - 36
2-1-3-4 - 48
2-1-4-3 - 44
2-3-1-4 - 43
2-3-4-1 - 34
2-4-1-3 - 35
2-4-3-1 - 30
3-1-2-4 - 42
3-1-4-2 - 35
3-2-1-4 - 40
3-2-4-1 - 31
3-4-1-2 - 26
3-4-2-1 - 24
4-1-2-3 - 30
4-1-3-2 - 27
4-2-1-3 - 28
4-2-3-1 - 23
4-3-1-2 - 22
4-3-2-1 - 20

Volleyball Tournament Lunch Options Questions - Answers

1. Which item included popcorn? 3
2. Which item was the least expensive? 2
3. Which item provided the most calories? 4
4. Which item did not include a beverage? 3
5. Which item included both a hamburger and orange juice? 1

Volleyball Tournament Lunch Options Questions

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3. Which item provided the most calories? _____
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Volleyball Tournament Lunch Options Questions

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