

## Frozen Pizza Intermediate

**Chad is very hungry when he comes home from school. He is going to pick out a single size pizza for a quick and nutritious snack.**

**Chad knows that many pizzas are too high in fat and sodium content so he will read the labels to determine which pizza is lower in fat and sodium content.**

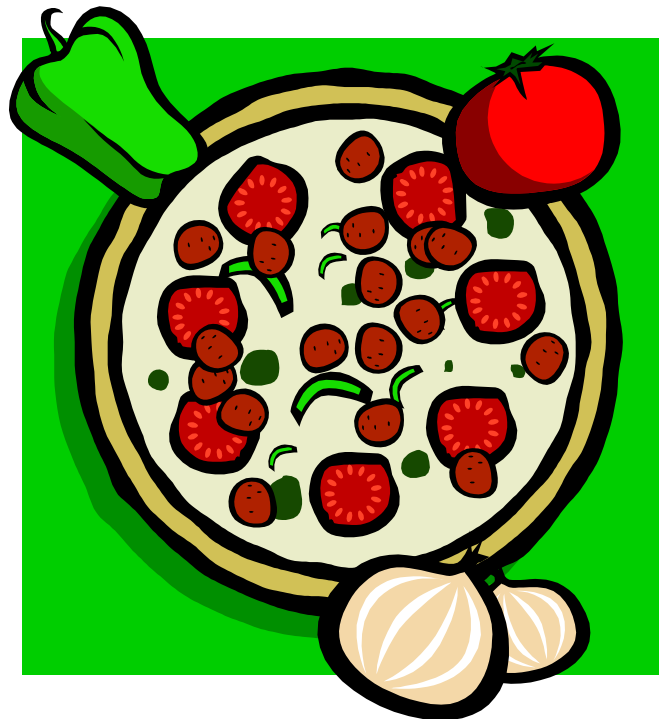
**He also knows that pizza is good for him because of the protein and calcium content, so he will look for a pizza with higher protein and calcium.**

**Which pizza should Chad buy for an after school snack?**

### **Criteria:**

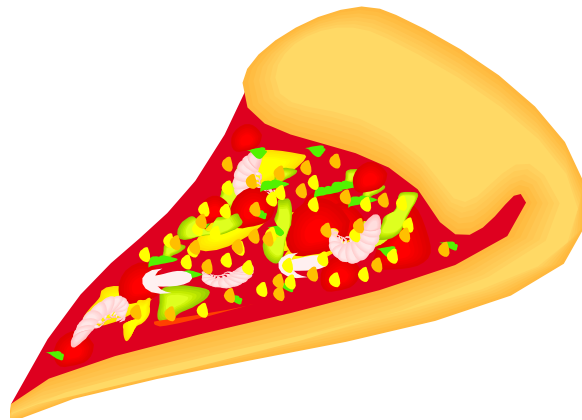
- 1. Low fat content**
- 2. Low sodium content**
- 3. High Protein content**
- 4. High Calcium content**

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**#1**  
**Bernatello's Pepperoni**  
**Pizza**

**Fat – 15 g**  
**Sodium – 750 mg**  
**Protein – 16 mg**  
**Calcium – 40% RDA**



**#2**

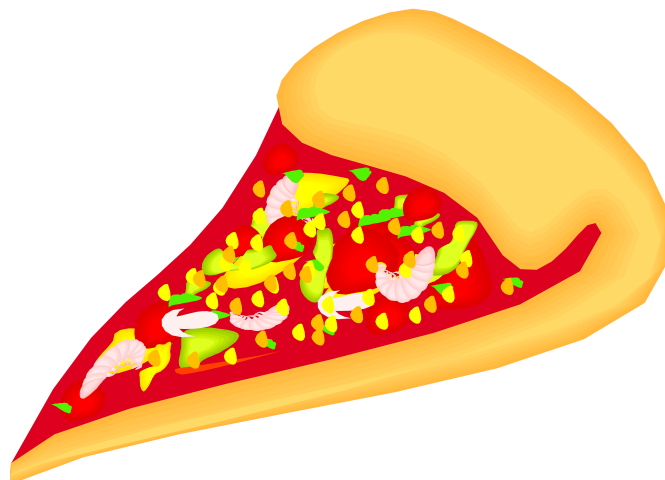
**Ore Ida Bagel Bites –  
Pepperoni**

**Fat – 7 g**

**Sodium – 610 mg**

**Protein – 9 g**

**Calcium – 8 % RDA**



**#3**

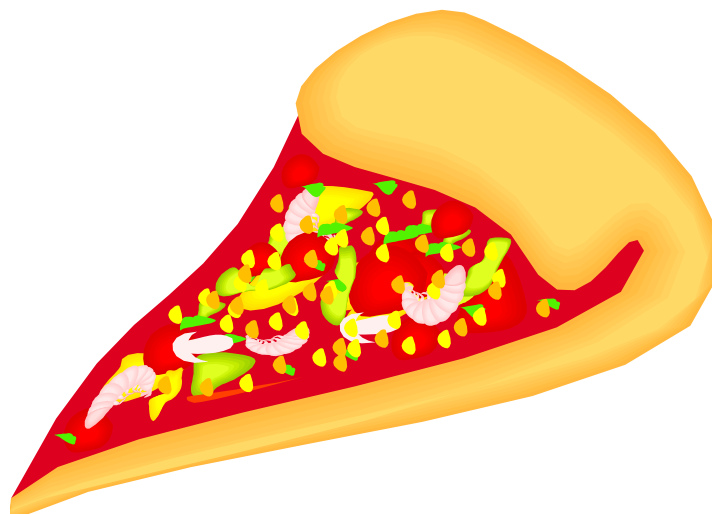
# **Red Baron Deep Dish Singles, Pepperoni**

**Fat – 31 g**

**Sodium – 990 mg**

**Protein – 15 g**

**Calcium – 30 RDA**



**#4**

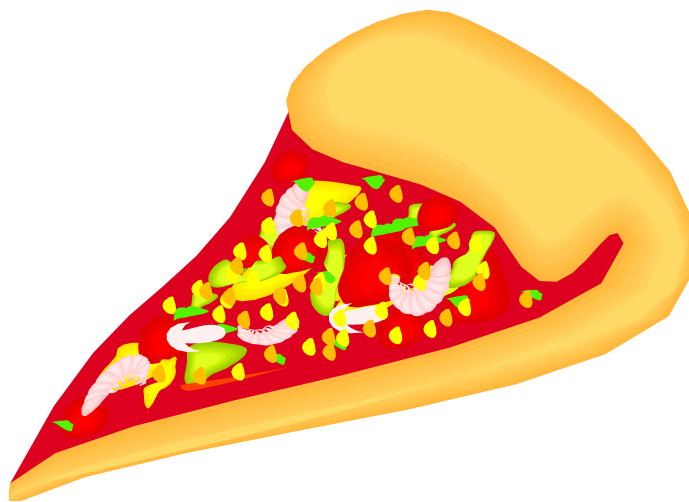
**Tony's Pizza for One,  
Pepperoni**

**Fat – 32 g**

**Sodium – 1280 mg**

**Protein – 19 g**

**Calcium – 10 % RDA**



## Frozen Pizza Intermediate Official Placing

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

**I place this class of frozen pizzas 1-2-3-4.**

**I place 1 at the top of this class because it meets all of the criteria of low in fat and sodium and high in protein and calcium.**

**In the top pair of this class, I place 1 over 2 because 1 is higher in protein and calcium. I grant that 2 has the lowest fat content of the four choices.**

**In the middle pair of this class, I place 2 over 3 because 2 has a more reasonable amount of fat and sodium which are the most important criteria. I grant that 3 is higher in protein and calcium.**

**In the bottom pair of this class, I place 3 over 4 because 4 is only high in protein whereas 3 is high in both protein and calcium.**

**I place 4 at the bottom of this class because it meets only one of the criteria, high in protein and that is not a top ranking criteria.**

**For these reasons, I place this class of frozen pizzas 1-2-3-4.**

1234 - 50
1243 - 49
1324 - 47
1342 - 43
1423 - 45
<u>1432 - 42</u>
2134 - 49
2143 - 48
2314 - 45
2341 - 40
2413 - 43
<u>2431 - 39</u>
3124 - 43
3142 - 39
3214 - 42
3241 - 37
3412 - 34
<u>3421 - 33</u>
4123 - 46
4132 - 37
4213 - 39
4231 - 35
4312 - 33
4321 - 32

**Note:**

**The author determined the official ranking of the class based on the following chart:**

<b>Criteria</b>	<b>Points for Ranking</b>	<b>Items:</b>			
		<b>#1</b>	<b>#2</b>	<b>#3</b>	<b>#4</b>
<b>1. Low fat</b>	<b>4</b>	<b>X</b>	<b>X</b>		
<b>2. Low sodium</b>	<b>3</b>	<b>X</b>	<b>X</b>		
<b>3. High protein</b>	<b>2</b>	<b>X</b>		<b>X</b>	<b>X</b>
<b>4. High calcium</b>	<b>1</b>	<b>X</b>		<b>X</b>	
<b>Total Points</b>		<b>10</b>	<b>7</b>	<b>3</b>	<b>2</b>