

3 Do we have enough food?

Traditional foods are foods that native people have always eaten, For the Confederated Tribes of Grand Ronde, these are foods such as deer, elk, pacific lamprey, berries, and camas. These are foods that are still eaten today and can be found in different places of Grand Ronde's ceded lands.

A Grand Ronde Tribal member, who currently weighs 180lbs wants to try out for a College Football team. He knows he needs to get a lot bigger and build muscle. He is looking to increase protein to his daily diet using traditional foods.

The average bull elk provides 200 lbs of meat, the average buck deer provides 70 lbs of meat, the average Salmon provides 15 lbs of meat, and lamprey provides 5 lbs of meat. Each animal provides different levels of protein per pound. Elk produce 26 grams of protein for every 4 ounces, deer produce 35 grams of protein for 4 ounces, Salmon produce 24 grams of protein for 4 ounces, and Lamprey produce 21 grams of protein per lamprey.

He needs to eat 1.5 grams of protein per pound that he weighs per day, to gain the necessary muscle.

*Reminder there are 16 ounces in a pound. So there are four 4 ounce servings in a pound.

***To calculate total protein**, (number of servings per pound) * (total number of pounds per animal) * (grams of protein per serving).

1. How much protein per day does this athlete need to eat?
2. How much total protein does the bull elk provide?
3. How much total protein does the deer provide?
4. How much total protein does salmon provide?
5. How much total protein does a pacific lamprey provide? (This one is given above).

The Grand Ronde football player does not want to eat the same protein each day. He is going to gather a variety of meat.

6. List 5 different combinations of meat that would produce enough protein for the athlete to gain the weight. (For example, He could eat 31 ounces of deer meat, or 13 lamprey in a day.)