| Before Lunch | After Lunch | Difference Score (D) |
|---|---|---|
| 5 | 4 | 1 |
| 6 | 7 | −1 |
| 6 | 4 | 2 |
| 5 | 2 | 3 |
| 4 | 1 | 3 |
| 5 | 6 | −1 |