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NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

SUPERVISOR'S USE ONLY

Level 1 Home Economics, 2011

90961 Demonstrate understanding of how packaging information influences an individual's food choices and well-being

2.00 pm Wednesday 23 November 2011

Credits: Four

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of how packaging information influences food choices and well-being.	Demonstrate in-depth understanding of how packaging information influences food choices and well-being.	Demonstrate comprehensive understanding of how packaging information influences food choices and well-being.

Check that the National Student Number (NSN) on your admission slip is the same as the number at the top of this page.

You should attempt ALL the questions in this booklet.

Pull out Resource Booklet 90961R from the centre of this booklet.

You **MUST** use the resources provided in the resource booklet to answer the questions.

If you need more room for any answer, use the extra space provided at the back of this booklet.

Check that this booklet has pages 2–14 in the correct order and that none of these pages is blank.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

TOTAL

ASSESSOR'S USE ONLY

You are advised to spend 60 minutes answering the questions in this booklet.

Refer to Resource Booklet 90961R when answering the following questions.

QUESTION ONE

Read the four noodle packaging labels in **Resource A** on page 2 of the resource booklet and refer to them when answering (a) and (b).

(a) (i) Which noodle product has the **highest** amount of **salt**?

(ii) Which noodle product has the **lowest** amount of **salt**?

(iii) Which noodle product has the **highest** amount of **carbohydrate**?

(iv) Which noodle product has the **lowest** amount of **carbohydrate**?

(v) Which noodle product has the **highest** amount of **fat**?

(vi) Which noodle product has the **lowest** amount of **fat**?

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be reproduced here.*

Source: <http://wownoodlehouse.webs.com/menu.htm>

(b) Select a noodle product from **Resource A** that would be a healthy choice.

Selected noodle product:

Discuss how the **amount** of salt, carbohydrate, and fat in your selected noodle product could **influence** your choice, using information from Resource A and your own knowledge of nutrients to demonstrate and justify your choice.

Use the space below to plan your ideas, and then begin your answer to (b).

PLANNING SPACE

Begin your answer to (b) here:

This page has been deliberately left blank.

Read **Resources A–C** on pages 2–4 of the resource booklet and refer to them, and the scenario below, when answering (c).

Scenario

Sam has a lead role in her school's "Stage Challenge" production. She dances and sings. The rehearsals are from 5.00 pm until 7.30 pm. Sam knows that she needs to have a nutritious, filling, and cost-effective light meal to eat after school that fits the *Food and Nutrition Guidelines*, if she is going to rehearse well.

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Source: <http://www.stagechallenge.co.nz>

- (c) Select a noodle product from Resource A that would help Sam to prepare a nutritious, filling, and cost-effective light meal to eat after school, before she attends a rehearsal.

Note: It may be a **different** noodle product to the one used for (a) on page 2, or it may be the **same**.

Selected noodle product:

Explain and justify your choice, considering factors such as:

- the *Food and Nutrition Guidelines* in Resource C on page 4 of the resource booklet
- other ingredients/foods that Sam could serve with the noodles
- cost effectiveness
- at least ONE of the relevant dimensions of hauora/well-being:
 - physical/taha tinana
 - mental and emotional/taha hinengaro
 - social/taha whānau
 - spiritual/taha wairua
- the time available.

Use the space on page 7 to plan your ideas, and then begin your answer to (c).

Refer to **Resource C** and **Resource D** on pages 4 and 5 of the resource booklet, and the scenario below, when answering (c).

Scenario	
<p>Sam often makes pancakes as a nutritious, filling, and cost-effective snack / light meal to eat after school before rehearsals.</p> <p>Pancakes are simple to prepare and can give long-lasting energy.</p>	<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p><i>For copyright reasons, this resource cannot be reproduced here.</i></p> </div>
<p>Source: http://2.bp.blogspot.com/_7qzlw2cV1iA/ScxkTAhjq5I/AAAAAAAAAXM/ym7bDJEBkGU/s400/banana+pancakes+001.png</p>	

- (c) Select a method to make pancakes that Sam could use to prepare a nutritious, filling, and cost-effective snack/light meal to eat after school that will give her long-lasting energy for rehearsals:

“Edmonds Shaker Pancakes”

OR

using the **self-raising flour** and the **recipe** from the Edmonds Cookery Book.

Selected method to make pancakes:

Explain and justify your choice, considering factors such as:

- the *Food and Nutrition Guidelines* in Resource C on page 4 of the resource booklet
- other ingredients / foods that Sam could serve with the pancakes
- cost effectiveness
- at least ONE of the relevant dimensions of hauora / well-being:
 - physical / taha tinana
 - mental and emotional / taha hinengaro
 - social / taha whānau
 - spiritual / taha wairua
- other relevant factors.

Use the space on page 11 to plan your ideas, and then begin your answer to (c).

90961