

See back cover for an English
translation of this cover

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90961MR



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

Ohaoha Kāinga, Kaupae 1, 2011

**90961 Te whakaatu māramatanga ki te āhua o te
whakaawe o ngā mōhiohio tākai i ngā kōwhiringa
kai me te hauora**

2.00 i te ahiahi Rāapa 23 Whiringa-ā-nuku 2011
Whiwhinga: Whā

PUKAPUKA RAUEMI

Tirohia tēnei pukapuka ina whakautu i ngā pātai ki a Ohaoha Kāinga 90961M.

Tirohia mehemea kei roto nei ngā whārangi 2–9 e raupapa tika ana, ā, kāore hoki he whārangi wātea.

KA TAEA TĒNEI PUKAPUKA TE PUPURI HEI TE MUTUNGA O TE WHAKAMĀTAUTAU.

Rauemi A: Ngā Mōhiohio i runga Tapanga Tākai Kihu Parāoa

Trident Singapore Noodles	
<p><i>He tapu tēnei rauemi. E kore taea te tuku atu. Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.</i></p>	
Utu tohanga tahi: 89 hēneti	
Matūkai	Matūkai ā-tohanga
Ngoi	1380 kJ
Pūmua	12.8 g
Tapeke Ngako	1.9 g
Warowaihā	64.2g
Konutai	525 mg

Fantastic Dried Noodles Thin	
<p><i>He tapu tēnei rauemi. E kore taea te tuku atu. Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.</i></p>	
Utu tohanga tahi: 48 hēneti	
Matūkai	Matūkai ā-tohanga
Ngoi	1423 kJ
Pūmua	15.7 g
Tapeke Ngako	2.1 g
Warowaihā	63.5 g
Konutai	290 mg

MAGGI Super Noodles	
<p><i>He tapu tēnei rauemi. E kore taea te tuku atu. Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.</i></p>	
Utu tohanga tahi: \$1.83	
Matūkai	Matūkai ā-tohanga
Ngoi	1440 kJ
Pūmua	6.2 g
Tapeke Ngako	16.5 g
Warowaihā	41.6 g
Konutai	1780 mg

Indomie Instant Noodles	
<p><i>He tapu tēnei rauemi. E kore taea te tuku atu. Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.</i></p>	
Utu tohanga tahi: 50 hēneti	
Matūkai	Matūkai ā-tohanga
Ngoi	1750 kJ
Pūmua	8.4 g
Tapeke Ngako	16.6 g
Warowaihā	59.0 g
Konutai	820 mg

Resource A: Nutritional Information on Noodle Packaging Labels

Trident Singapore Noodles	
<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p><i>For copyright reasons, this resource cannot be reproduced here.</i></p> </div>	
Cost of one serving: 89 cents	
Nutrient	Nutrition per serve
Energy	1380 kJ
Protein	12.8 g
Total Fat	1.9 g
Carbohydrate	64.2 g
Sodium	525 mg

Fantastic Dried Noodles Thin	
<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p><i>For copyright reasons, this resource cannot be reproduced here.</i></p> </div>	
Cost of one serving: 48 cents	
Nutrient	Nutrition per serve
Energy	1423 kJ
Protein	15.7 g
Total Fat	2.1 g
Carbohydrate	63.5 g
Sodium	290 mg

MAGGI Super Noodles	
<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p><i>For copyright reasons, this resource cannot be reproduced here.</i></p> </div>	
Cost of one serving: \$1.83	
Nutrient	Nutrition per serve
Energy	1440 kJ
Protein	6.2 g
Total Fat	16.5 g
Carbohydrate	41.6 g
Sodium	1780 mg

Indomie Instant Noodles	
<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p><i>For copyright reasons, this resource cannot be reproduced here.</i></p> </div>	
Cost of one serving: 50 cents	
Nutrient	Nutrition per serve
Energy	1750 kJ
Protein	8.4 g
Total Fat	16.6 g
Carbohydrate	59.0 g
Sodium	820 mg

Rauemi B: He Aratohu mō ngā Kihu Parāoa

Kua tohua ngā Kihu Parāoa

Kei te hiahiatia e koe tētahi mea reka, iti te utu, me te āhua rēreke hei whāngai ki tō whānau?

He tino pai ngā kihu parāoa ki roto kai-parai, tiu, hupa me te manga mata, ā, he pai hei kīnaki ki te mīti, ngā huawhenua me te kaimoana.

Mātāpuna (he mea urutau):
<http://www.stuff.co.nz/life-style/food-wine/4916033/Noodles-get-the-nod>

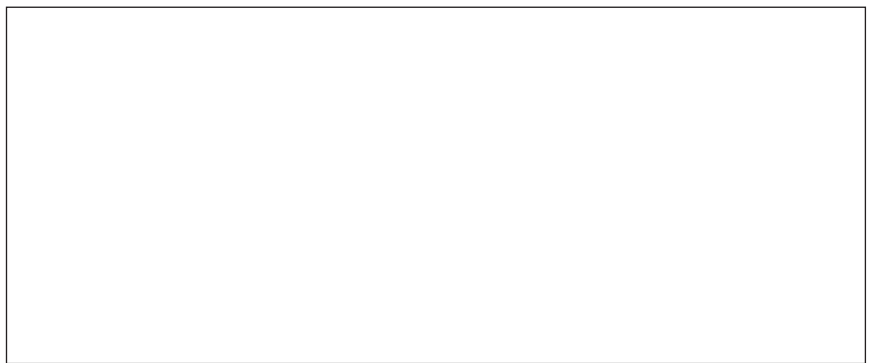
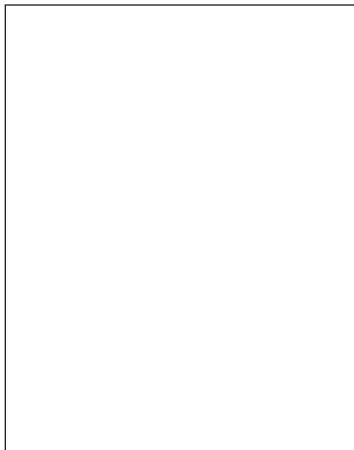
*He tapu tēnei rauemi. E kore taea te tuku atu.
 Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.*

He Aratohu Kai Tōtika mō ngā Kihu Parāoa

He rawe ngā kihu parāoa: he tino tere, he reka, tino iti te utu, he māmā ki te putu ki te kāpata, nō reira ko ēhea ngā kōwhiringa pai ki te hauora? ...

*He tapu tēnei rauemi. E kore taea te tuku atu.
 Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.*

... I ētahi wā ka tāpirihia atu he māngaro tapioka hei whakapai ake i te kanokano me te ngohengohe o ngā kihu parāoa.



Mātāpuna (he mea urutau): *He Aratohu Kai Tōtika o Aotearoa* (Tāmakimakaurau: Healthy Life Media Limited, Whiringa-ā-rangi 2010).

Resource B: A Guide to Noodles

Noodles Get the Nod

Wondering what you can serve up to the family that is tasty, economical, and a little different?

Noodles are excellent in stir-fries, stews, soups and salads, and go well with meat, vegetables and seafood.

Source (adapted): <http://www.stuff.co.nz/life-style/food-wine/4916033/Noodles-get-the-nod>

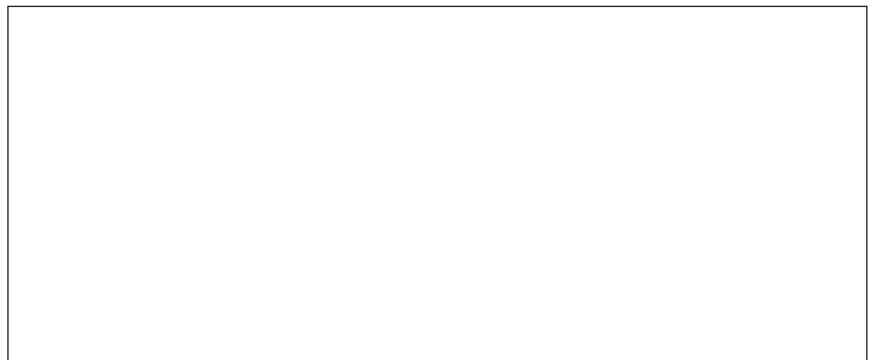
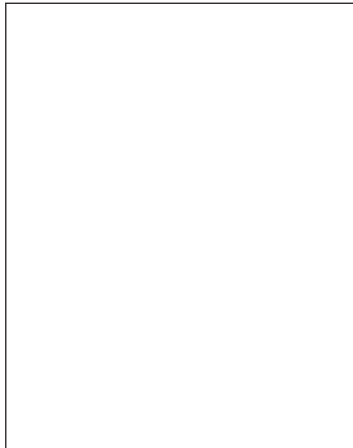
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Healthy Food Guide to Instant Noodles

Noodles are appealing: super-quick, tasty, pretty cheap, and an easy pantry staple, so which are the healthy choices? ...

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... Tapioca starch is sometimes added to improve the texture and the tenderness of noodles.



Source (adapted): *New Zealand Healthy Food Guide* (Auckland: Healthy Life Media Limited, November 2010).

Rauemi C: Ngā Aratohu Kai me te Kai Tōtika**He Aratohu mā ngā Taiohi mō ngā Kai Tōtika**

*He tapu tēnei rauemi. E kore taea te tuku atu.
Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.*

*He tapu tēnei rauemi. E kore taea te tuku atu.
Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.*

Mātāpuna (he mea urutau): Te kai a ngā taiohi hauora: he aratohu mā ngā taiohi mō ngā kai tōtika (Manatū Hauora, Here-turi-kōkā 2006) me http://www.diabetes.org.nz/food_and_nutrition/ideal_plate

¹puananī

²puāniko

Resource C: Food and Nutrition Guidelines

A Teenager's Guide to Healthy Eating

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Rauemi D: Ngā panekeke kua oti kē, ngā panekeke i mahia i te kāinga rānei?

*He tapu tēnei rauemi. E kore taea te tuku atu.
Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.*

*He tapu tēnei rauemi. E kore taea te tuku atu.
Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.*

Ngā panekeke taketake

Kai whakauru:

1 kapu puehu parāoa
piki aunoa
he iti tote
1 hēki
 $\frac{3}{4}$ kapu miraka
50 g pata, kia rewa

Tikanga:

1. Whakaranua te puehu parāoa tātari me te tote ki tētahi ipu.
2. Kauroria te hēki, kātahi ka kaurori i te miraka, kia iti noa i te wā kia angiangi, kia puku kore hoki te pokewai.
3. I roto i tētahi parai wera, ngungu papatahi, pania atu he pata ki runga i te mata parai ka putu he $\frac{1}{4}$ kapu te rahinga mō ia panekeke.
4. Ina puta ana ngā koropupū nui ki runga, hurihia ka tunu kia āhua koura ki tērā atu taha.

*He tapu tēnei rauemi. E kore taea te tuku atu.
Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.*

Resource D: Ready-made vs Home-made Pancakes?

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Basic pancakes

Ingredients:

1 cup self-raising flour
pinch salt
1 egg
 $\frac{3}{4}$ cup milk
50 g butter, melted

Method:

1. In a bowl mix sifted flour and salt.
2. Beat in the egg and then milk, a little at a time until batter is smooth and lump-free.
3. In a hot pan or flat grill, brush butter over cooking surface and pour $\frac{1}{4}$ cup measure for each pancake.
4. When large bubbles form on the surface, flip over and cook until lightly golden on the other side.

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English translation of the wording on the front cover

90961MR

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

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Home Economics 90961M.

Check that this booklet has pages 2–9 in the correct order and that none of these pages is blank.

YOU MAY KEEP THIS BOOKLET AT THE END OF THE EXAMINATION.