

90961R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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 90961.

Check that this booklet has pages 2–5 in the correct order and that none of these pages is blank.

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

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	
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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	
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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	
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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

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>

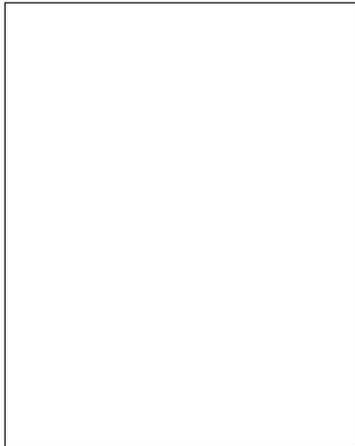
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Healthy Food Guide to Instant Noodles

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).

Resource C: Food and Nutrition Guidelines

A Teenager's Guide to Healthy Eating

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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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