

See back cover for an English translation of this cover

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90961M



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

SUPERVISOR'S USE ONLY

## Ohaoha Kāinga, Kaupae 1, 2012

**90961M Te whakaatu māramatanga he pēhea e awe ai ngā mōhiohio pōkaitanga i ngā kōwhiringa kai me te oranga o te tangata**

2.00 i te ahiahi Rāmere 23 Whiringa-ā-rangi 2012  
Whiwhinga: Whā

Paetae	Paetae Kaiaka	Paetae Kairangi
Te whakaatu māramatanga he pēhea e awe ai ngā mōhiohio pōkaitanga i ngā kōwhiringa kai me te oranga.	Te whakaatu māramatanga hōhonu he pēhea e awe ai ngā mōhiohio pōkaitanga i ngā kōwhiringa kai me te oranga.	Te whakaatu māramatanga matawhānui he pēhea e awe ai ngā mōhiohio pōkaitanga i ngā kōwhiringa kai me te oranga.

Tirohia mehemea e ōrite ana te Tau Ākonga ā-Motu (NSN) kei tō pepa whakauru ki te tau kei runga ake nei.

**Me whakautu e koe ngā wāhanga KATOA o te pātai i tēnei pukapuka.**

Kumea mai te Pukapuka Rauemi 90961MR i waenganui o tēnei pukapuka.

ME MĀTUA whakamahi koe i ngā rauemi kua homai i te pukapuka rauemi hei whakautu i ngā pātai.

Ki te hiahia koe ki ētahi atu wāhi hei tuhituhi whakautu, whakamahia te wāhi wātea kei muri i te pukapuka nei.

Tirohia mehemea kei roto nei ngā whārangi 2–17 e raupapa tika ana, ā, kāore hoki he whārangi wātea.

**HOATU TE PUKAPUKA NEI KI TE KAIWHAKAHAERE HEI TE MUTUNGA O TE WHAKAMĀTAUTAU.**

TAPEKE

MĀ TE KAIMĀKA ANAKE

Kia 60 meneti tāu e whakautu ana i te pātai o tēnei pukapuka.

**Ka hoahoa ngā kaiwhakanao i ā rātou  
pōkaitanga hei whakatairanga i tā rātou hua,  
hei akiaki anō i te tangata kia hoko.**

Pānuitia, kōrerotia hoki mō te Pukapuka Rauemi 90961MR ina whakautu i ngā Wāhanga A me B i ngā whārangi 2, 3, 6, 7, 10, 11, 14.

## PĀTAI

### WĀHANGA A

Tirohia te **Rauemi A** i te whārangi 2 o te pukapuka rauemi ina whakautu i te (a)–(c).

- (a) Whakamāramatia he pēhea te āhuatanga whakatairanga “Puna Konupūmā” ki te pōkaitanga “Easy Mac Cheese” e awe ai i ngā kōwhiringa kai a te tangata.

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- (b) Whakaaroarotia ngā mōhiohia kaiora o te pōkaitanga “Easy Mac Cheese” i raro.

Tuhipoka: Mō te tohanga kotahi tēnei mōhiohia (195g) o te tīhi Easy Mac **kua maoa**.

Pūngao	Pūmua	Ngako Kōhura	Warowaihā	Konutai
<b>1175 kJ</b>	<b>8.0 g</b>	<b>3.9 g</b>	<b>44.2 g</b>	<b>554 mg</b>
DI*	DI*	DI*	DI*	DI*
<b>14%</b>	<b>16%</b>	<b>16%</b>	<b>14%</b>	<b>24%</b>

Matapakitia he pēhea te nuinga pūmua, ngako kōhura, warowaihā, me te konutai i te tohanga kotahi o te tīhi “Easy Mac” e awe ai i ngā kōwhiringa kai a te tangata, mā te whakamahi i ngā mōhiohia o te Rauemi A me te whakaaroaro anō ki ngā āhuatanga pēnei:

- tōu ake mōhio ki te aratohu *Food and Nutrition Guidelines* (FNG)
- ngā taumata tapeke i ia rā (DI\*) mō IA kaiora
- te pānga ki te oranga taha tinana.

(i) Pūmua: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(ii) Ngako kōhura: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(iii) Warowaihā: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(iv) Tote (konutai): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

**Manufacturers design their packaging to promote their product and encourage people to buy it.**

Read and refer to Resource Booklet 90961MR when answering Parts A and B on pages 4, 5, 8, 9, 12, 13 and 15.

## QUESTION

### PART A

Refer to **Resource A** on page 3 of the resource booklet when answering (a)–(c).

- (a) Explain why the promotional feature “Source of Calcium” on the “Easy Mac Cheese” packaging could influence individuals’ food choices.

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- (b) Consider the nutritional information from the “Easy Mac Cheese” packaging shown below.

Note: This information is for one serve (195 g) of **cooked** Easy Mac Cheese.

Energy	Protein	Sat Fat	Carbs	Sodium
<b>1175 kJ</b>	<b>8.0 g</b>	<b>3.9 g</b>	<b>44.2 g</b>	<b>554 mg</b>
DI*	DI*	DI*	DI*	DI*
<b>14 %</b>	<b>16 %</b>	<b>16 %</b>	<b>14 %</b>	<b>24 %</b>

Discuss how the amount of protein, saturated fat, carbohydrate, and salt in one serve of the “Easy Mac Cheese” could influence individuals’ food choices, using information from Resource A and considering factors such as:

- your own knowledge of the *Food and Nutrition Guidelines* (FNG)
- daily intake (DI\*) levels of EACH nutrient
- the effect on physical/taha tinana well-being.

(i) Protein: \_\_\_\_\_

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(ii) Saturated fat (sat fat): \_\_\_\_\_

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(iii) Carbohydrate (carbs): \_\_\_\_\_

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(iv) Salt (sodium): \_\_\_\_\_

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- (c) Ka rapu huakino pea ngā kiritaki i ngā hua i mua i te hokonga.

Whakaaturia he māramatanga matawhānui ki ēnei huakino mā te tautohu me te whakaahua i ngā **huakino** kaiora whānui o te tīhi “Easy Mac” me te whakahua i ētahi tikanga e whakakoretia ai aua huakino.

Whakamahia te wāhi i raro nei hei whakamahere i ō whakaaro, ka tīmata i te whakautu ki (c) i te whārangi 7.

### HE WĀHI WHAKAMAHERE



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- (c) Consumers may look for nutritional disadvantages in products before buying.

Show a comprehensive understanding of these by identifying and describing the overall nutritional **disadvantages** of “Easy Mac Cheese” and suggesting ways these could be overcome.

Use the space below to plan your ideas, and then begin your answer to (c) on page 9.

**PLANNING SPACE**



Begin your answer to (c) here: \_\_\_\_\_

Horizontal lines for writing the answer to question (c).

ASSESSOR'S  
USE ONLY

Empty rectangular box at the bottom of the assessor's column.

## WĀHANGA B

Pānuitia te **Rauemi B** i ngā whārangi 4 me 5 o te pukapuka rauemi, ka kōrero hoki mō tērā, me te wheako whakaari i raro nei, ina whakautu i te Wāhanga B.

### Wheako whakaari

He taiohi a Sam kua tae ngenge mai, matekai hoki ki te kāinga, i muri i te rangi pukumahi i te kura, me te whakawainga poitūkohu roa tonu. Nā Sam anō te wā tao kai māna ake, mā tōna teina, me tōna whaea ka rere atu ki tētahi hui i muri tata iho o tōna taenga ki te kāinga. E whakaaro nuitia ana e te whānau te takanga kai hākarikari me te noho tahitanga ki te kai.

Tīpakohia ngā hua kai o te Rauemi B me whakamahi e Sam mō te kai o te ahiahi.

Whakamāramatia, parahautia hoki ō kōwhiringa, me te whakaaroaro ki ngā āhuatanga pēnei i:

- te mōhiohio pōkaitanga
- tōu ake mōhio ki te kai me te kaiora
- te tūāhua o Sam
- ngā ahu whai pānga o te oranga:
  - te oranga taha tinana
  - te oranga taha hinengaro
  - te oranga taha whānau
  - te oranga taha wairua.

Whakamahia te wāhi i te whārangi 11 hei whakamahere i ō whakaaro, ka tīmata i tō whakautu.

**HE WĀHI WHAKAMAHERE**

Tīmataria tāu whakautu i konei:

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**PART B**

Read **Resource B** on pages 6 and 7 of the resource booklet and refer to it, and the scenario below, when answering Part B.

**Scenario**

Sam is a teenager who arrives home tired and hungry after a busy, active day at school, and a long basketball practice. It is Sam's turn to cook the evening meal for himself, his teenage brother, and his Mum, who has to rush to a meeting soon after she gets home from work. Preparing nutritious meals and sitting down together to eat is valued by the family.

Select the food products from Resource B that Sam should use for the evening meal.

Explain and justify your choices, considering factors such as:

- packaging information
- your own knowledge of food and nutrition
- Sam's situation
- the relevant dimensions of well-being:
  - physical/taha tinana
  - mental and emotional/taha hinengaro
  - social/taha whānau
  - spiritual/taha wairua.

Use the space on page 13 to plan your ideas, and then begin your answer.

**PLANNING SPACE**

ASSESSOR'S  
USE ONLY

Begin your answer here:

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*English translation of the wording on the front cover*

## Level 1 Home Economics, 2012

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

2.00 pm Friday 23 November 2012

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.

90961M

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 parts of the question 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 2–17 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.**