

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, 2013

90961 Whakaaturia te māramatanga ki ngā awenga o ngā taipitopito tākai ki ngā kōwhiringa kai a te tangata, me tōna oranga

2.00 i te ahiahi o te Rāmere, te 22 o Whiringa-ā-rangi, 2013
Whiwhinga: E whā

Paetae	Kaiaka	Kairangi
Whakaatuhia te māramatanga ki ngā awenga o ngā taipitopito tākai ki ngā kōwhiringa kai a te tangata, me tōna oranga.	Whakaatuhia te hōhonu o te māramatanga ki ngā awenga o ngā taipitopito tākai ki ngā kōwhiringa kai a te tangata, me tōna oranga.	Whakaatuhia te matatau ki ngā awenga o ngā taipitopito tākai ki ngā kōwhiringa kai a te tangata, me tōna oranga.

Tirohia mena e rite ana te Tau Ākonga ā-Motu (NSN) kei runga i tō puka whakauru ki te tau o runga ake o tēnei whārangi.

Me whakamātau koe i ngā pātai KATOĀ kei roto i tēnei puka.

Tangohia mai te Puka Rauemi 90961R mai i te puku o tēnei puka.

ME whakamahi e koe ngā rauemi o te puka rauemi hei whakautu i ngā pātai.

Mena ka hiahia whārangi atu anō hei tuhituhi i ō whakautu, whakamahia ngā whārangi wātea kei muri o tēnei puka.

Tirohia mena e tika ana te raupapatanga o ngā whārangi 2–31 kei roto i tēnei puka, ka mutu, kāore tētahi o aua whārangi i te takoto kau.

ME HOATU KOE I TĒNEI PUKA KI TE KAIWHAKAHAERE Ā TE MUTUNGA O TE WHAKAMĀTAUTAU.

TE TAPEKE

MĀ TE KAIMĀKA ANAKE

Ko te whakahau, kia whakapau koe i te kotahi haora e whakautu ana i ngā pātai kei roto i tēnei puka.

Pānuitia, whakamahia anō hoki te horopaki o raro nei, me te **Puka Rauemi 90961R**, i a koe e whakautu ana i Te Pātai Tuatahi, i Te Pātai Tuarua, me te Pātai Tuatoru.

Te Horopaki mō Leon

15 tau te pakeke o Leon, ā, he ākonga Tau 11 ia. Ko Miriama tana tuahine, ā, 13 tana pakeke. Ko te Ohaoha Kāinga tētahi o ngā akoranga e whāia ana e Leon i te kura, ā, he nui ngā akoranga kua mau i a ia e pā ana ki te pānui tapanga kai me te kōwhiri i ngā kaiora. Noho tahi ai a Leon rāua ko Miriama ki tō rāua māmā, ki a Theresa, he nēhi nei ia e mahi tiriwā ana i te hōhipera.

He pārekareka te hākinakina ki a Leon rāua ko Miriama, me te aha, kua piri atu rāua ki tētahi karapu kauhoe, ā, ka tākaro pūkura hoki.

Kua tonoa a Leon e Theresa kia riro māna e whiriwhiri ētahi kai i a rātou e hoko kai ana i ia wiki, otirā, kia riro hoki māna te tina o te Pōapa e whakarite, arā, i ngā pō ka hoki mai a Theresa i te māhi i te 6.30 rā anō i te pō.

TE PĀTAI TUATAHI: NGĀ TIMOTIMO HANGA-HUARĀKAU

Pānuitia, whakamahia hoki te horopaki o raro nei, me te **Rauemi A** kei te whārangi 2 me te 3 o te puka rauemi, i a koe e whakautu ana i te pātai nei.

Ka haere tahi ana a Leon rātou ko tana māmā, ko tana tuahine ki te hoko kai, ko tāna mahi tuatahi he kōwhiri i ētahi timotimo hanga-huarākau hei rau atu ki ngā ipu tina a te whānau. Ka tirohia e ia te wāhanga o mua o te tākai o ia momo, kātahi ka pānui i ngā taipitopito kaiora, i te taha, i muri rānei, i mua i tana whakatau.

(a) (i) Ko te timotimo hanga-huarākau he nui rawa te huka i ia 100 karamu ko:

(ii) Ko te timotimo hanga-huarākau he iti rawa te huka i ia 100 karamu ko:

(iii) Ko te timotimo hanga-huarākau he nui rawa te huangawhere i ia 100 karamu ko:

(iv) Ko te timotimo hanga-huarākau he iti rawa te huangawhere i ia 100 karamu ko:

You are advised to spend one hour answering the questions in this booklet.

Read the scenario below, and refer to it, as well as **Resource Booklet 90961R**, when answering Questions One, Two, and Three.

Leon's Scenario

Leon is 15, and is a Year 11 student. He has a 13-year-old sister, Miriama. Leon is taking Home Economics as a subject at school and is learning a lot about reading food labels and making nutritious choices. Leon and Miriama live with their mum, Theresa, who is a nurse, and does shift work at the local hospital.

Both Leon and Miriama enjoy sport, are members of a swimming club, and play badminton.

Theresa has asked Leon to take responsibility for choosing some of the foods at their weekly shop, and to be responsible for dinner on Wednesday nights, when she doesn't get home from work until 6.30 pm.

QUESTION ONE: FRUIT-BASED SNACKS

Read the scenario below, and refer to it, as well as **Resource A** on pages 4 and 5 of the resource booklet, when answering this question.

Leon's first job is to choose fruit-based snacks for the family lunch boxes when he's doing the weekly shop with his Mum and sister. He looks at the front of the packaging on each product, and then reads the nutrition information panel on the side, or back, before making a choice.

- (a) (i) The fruit-based snack with the highest amount of sugar per 100g is:

- (ii) The fruit-based snack with the lowest amount of sugar per 100g is:

- (iii) The fruit-based snack with the highest amount of fibre per 100g is:

- (iv) The fruit-based snack with the lowest amount of fibre per 100g is:

- (b) Kōwhiria TĒTAHI timotimo hanga-huarākau mai i te **Rauemi A.** hei kōwhiringa kaiora mā Leon rātou ko tana whānau.

Whakaarohia ngā āhuatanga pēnei i:

- ngā taipitopito kaiora kei ngā tākai o te timotimo i kōwhiria e koe
- ō mōhiotanga ki ngā ngako, ki te huangawhere, ki te konutai, me ngā huka.

Te momo i kōwhiria: _____

- (c) Tautuhia kia KOTAHI te āhuatanga **kaiora** mai i ngā tākai o te momo timotimo i kōwhiria e koe, ka whakamahuki ai i te ākinga pea o taua āhuatanga ki tā Leon kōwhiringa kai.

Āhuatanga Kaiora	Te ākinga pea o tēnei āhuatanga ki tā Leon kōwhiringa kai

- (d) Tautuhia kia KOTAHI te āhuatanga **whakatairanga** mai i ngā tākai o te momo timotimo i kōwhiria e koe, ka whakamahuki ai i te ākinga pea o taua āhuatanga ki tā Leon kōwhiringa kai.

Āhuatanga Whakatairanga	Te ākinga pea o tēnei āhuatanga ki tā Leon kōwhiringa kai

- (b) Choose ONE of the fruit-based snacks in **Resource A** that would be a healthy choice for Leon and his family.

Consider factors such as:

- the nutritional information on the packaging of your chosen snack
- your own knowledge of fats, fibre, sodium, and sugars.

Chosen product: _____

- (c) Identify ONE **nutritional** feature from your chosen product's packaging, and explain how the feature could encourage Leon's food choice.

Nutritional feature	How this feature could encourage Leon's food choice

- (d) Identify ONE **promotional** feature from your chosen product's packaging, and explain how the feature could encourage Leon's food choice.

Promotional feature	How this feature could encourage Leon's food choice

- (e) Matapakina ka pēhea nei pea te awenga o te nui o te **huka** i roto i te momo i kōwhiria e koe ki te kōwhiringa kai a Leon, ki te oranga hoki o tōna whānau.

Whakaarohia ngā āhuetanga pēnei i:

- ngā pānga o te kai huka ki te oranga o te tinana
- ō mōhiotanga ake ki *Ngā Aratohu Kai me te Kaiora* (FNG).

- (f) Taunakihia tō kōwhiringa mā te whakatairite i taua momo ki ērā atu timotimo hanga-huarākau e rua kei te **Rauemi A**.

Whakaarohia ngā āhuetanga pēnei i:

- ngā rahinga taiora rerekē kei roto i ngā timotimo hanga-huarākau me ō rātou pānga ki te oranga o te taha tinana
- ngā taipitopito tākai
- ōu ake mōhiotanga ki *Ngā Aratohu Kai me te Kaiora* (FNG)
- Tō Leon tūāhua.

Whakamahia te wāhi wātea o raro nei hei wāhi whakamahere whakaaro, ka tīmata ai ki te tuhi i tō whakautu ki te wāhanga (f) ki te whārangi 7.

TE WHAKAMAHERE

- (e) Discuss how the amount of **sugar** in your chosen product could influence Leon's food choice, and his family's well-being.

Consider factors such as:

- the effect of eating sugar on physical well-being
- your own knowledge of the *Food and Nutrition Guidelines* (FNG).

- (f) Justify your choice of product by comparing it to the other two fruit-based snack products in **Resource A**.

Consider factors such as:

- the different amounts of nutrients in the fruit-based snack products and their effect on physical well-being
- packaging information
- your own knowledge of the *Food and Nutrition Guidelines* (FNG)
- Leon's situation.

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

PLANNING

TE PĀTAI TUARUA: NGĀ KAI HANGA-RAIHI

Pānuitia, whakamahia hoki te horopaki o raro nei, me te **Rauemi B** kei ngā whārangi 6 me te 7 o te puka rauemi, i a koe e whakautu ana i tēnei pātai.

I te 5.00 i ia ahiahi Rāapa ka hoki a Leon rāua ko Miriama ki te kāinga i te karapu kaukau, ā, me tae atu ki te pūkura i te 7.30 i te pō. Ka riro mā Leon kē e whakarite ētahi kai hākarikari i te mea kāore tō rāua māmā e hoki ki te kāinga tae rā anō ki te 6.30 i te pō.

Nōna i te hokomaha ka kōwhiria e Leon tētahi momo raihi hei kīnaki i te kai o te pō, ā, me whiriwhiri e ia ētahi atu kai hākarikari hei tunu māna, hei kīnaki i te raihi.

- (a) Kōwhiria TĒTAHI momo hanga-raihi mai i te **Rauemi B** hei kōwhiringa kaiora mā Leon rātou ko tōna whānau.

Whakaarohia ngā āhuatanga pēnei i:

- ngā taipitopito kaiora kei ngā tākai
- ōu ake mōhiotanga ki ngā momo warowaihā, ki ngā momo ngako, ki te huangawhere, me te konutai.

Te momo i kōwhiria: _____

- (b) Tautuhia kia KOTAHI te āhuatanga **whakatairanga** mai i ngā tākai o te momo kai i kōwhiria e koe, ka whakamāramahia ai ka pēhea pea te ākinga o taua āhuatanga ki tā Leon kōwhiringa kai.

Āhuatanga Whakatairanga	Ka pēhea pea te ākinga o tēnei āhuatanga ki tā Leon kōwhiringa kai

QUESTION TWO: RICE-BASED MEALS

Read the scenario below, and refer to it, as well as **Resource B** on pages 8 and 9 of the resource booklet, when answering this question.

On a Wednesday night, Leon and Miriama get home from swimming club at 5.00 pm, and have to be at badminton by 7.30 pm. It is Leon's job to prepare a nutritious dinner as their Mum doesn't get home until 6.30 pm.

At the supermarket, Leon chooses a rice product to go with the evening meal, and must make nutritious choices about what else he can cook with the rice.

- (a) Choose ONE of the rice products in **Resource B** that would be a healthy choice for Leon and his family.

Consider factors such as:

- the nutritional information panel on the packaging
- your own knowledge of carbohydrates, fats, fibre, and sodium.

Chosen product: _____

- (b) Identify ONE **promotional** feature from your chosen product's packaging, and explain how the feature could encourage Leon's food choice.

Promotional feature	How this feature could encourage Leon's food choice

- (c) Matapakina ka pēhea nei pea te awenga o te nui o te **warowaihā** i roto i te momo i kōwhiria e koe ki te kōwhiringa kai a Leon, ki te orange hoki o tōna whānau.

Whakaarohia ngā āhuatanga pēnei i:

- ngā taumata kai warowaihā i te rā (DI)
- ngā pānga o te kai warowaihā ki te orange o te taha tinana.
- ōu ake mōhiotanga ki *Ngā Aratohu Kai me te Kaiora* (FNG).

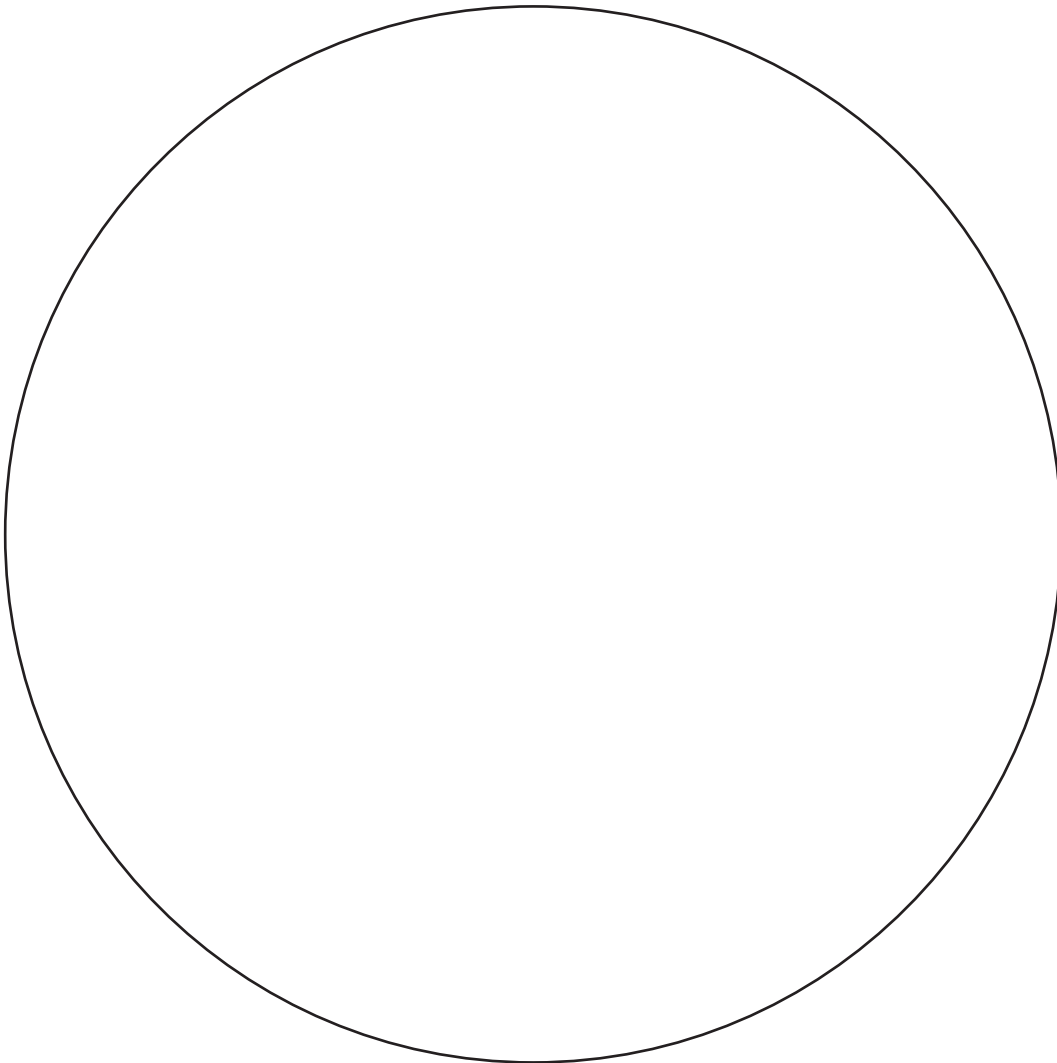
Warowaihā: _____

- (d) (i) Kōwhiria kia RUA, neke atu rānei, ngā momo kai me whakarato e Leon hei kīnaki i te momo kai raihi i kōwhiria ai kia hākarikari ai, kia tōtika ai hoki te kai o te pō.

Tautuhia ērā atu kōwhiringa āu ki raro nei, ka tuhi ai i tētahi 'tauirā pereti kaiora' o te kai.

Ētahi atu kōwhiringa kai:

Tuhia mai tētahi 'tauirā pereti kaiora' o te kai.

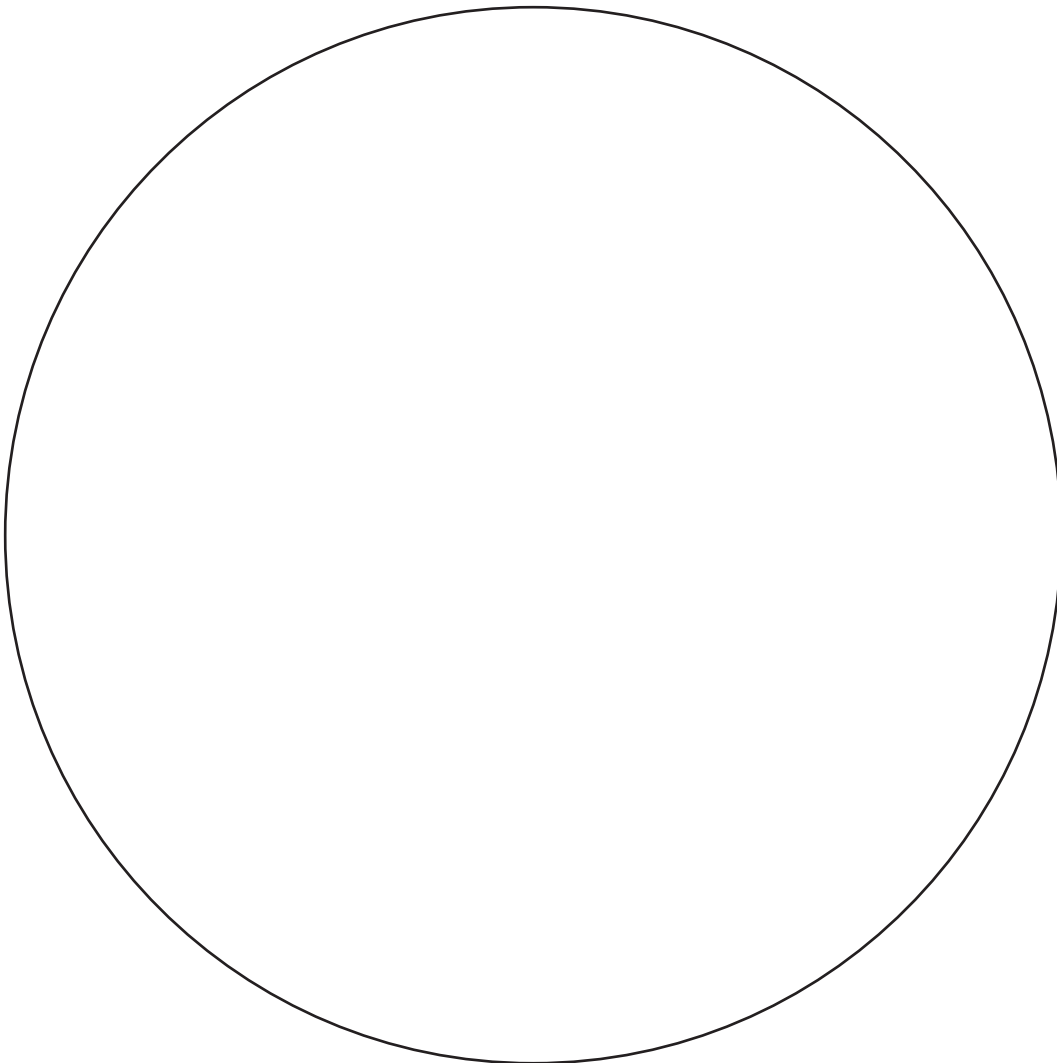


- (d) (i) Choose at least TWO other foods that Leon should serve with the chosen rice product to make a nutritious, well-balanced evening meal.

Identify your other food choices below, and draw a 'healthy plate model' of the meal.

Other food choices:

Draw a 'healthy plate model' of the meal:



TE PĀTAI TUATORU: NGĀ MOMO PŪRINI PĀTIOTIO

Pānuitia, whakamahia hoki te horopaki o raro nei, me te **Rauemi C** kei ngā whārangi 10 me te 11 o te puka rauemi, i a koe e whakautu ana i tēnei pātai.

Kia mutu te kai o te pō, he pai ki a Leon rāua ko Miriama te kai i tētahi momo tāwara i a rāua e haere ana ki te pūkura. Ka whakaae tō rāua māmā kia pērā rāua, heoi, me pai te rahi o te konupūmā, o te pūmua hoki o roto i taua tāwara. Ka tirohia e Leon ngā momo kōwhiringa i te hokomaha.

- (a) Whiriwhirihia TĒTAHI momo pūrini pātiotio mai i te **Rauemi C** hei kōwhiringa kaiora mā Leon me tōna whānau.

Whakaarohia ngā āhuatanga pēnei i:

- ngā taipitopito kaiora kei ngā tākai
- ōu ake mōhiotanga ki te konupūmā, ki ngā ngako, ki te pūmua, me ngā huka.

Te momo i kōwhiria: _____

- (b) Tautuhia kia KOTAHI te āhuatanga **whakatairanga** mai i te tākai o te momo kai i kōwhiria e koe, ka whakamāramahia ai ka pēhea pea te ākinga o taua āhuatanga ki tā Leon kōwhiringa kai.

Āhuatanga Whakatairanga	Ka pēhea pea te ākinga o tēnei āhuatanga ki tā Leon kōwhiringa kai

QUESTION THREE: FROZEN DESSERT PRODUCTS

Read the scenario below, and refer to it, as well as **Resource C** on pages 12 and 13 of the resource booklet, when answering this question.

Leon and Miriama like to have a treat after dinner that they can eat on the way to badminton. Their mother is happy for them to do this, as long as the treat is a good source of calcium and protein. Leon looks at the choices at the supermarket.

- (a) Choose ONE of the frozen dessert products in **Resource C** that would be a healthy choice for Leon and his family.

Consider factors such as:

- the nutritional information on the packaging
- your own knowledge of calcium, fats, protein, and sugars.

Chosen product: _____

- (b) Identify ONE **promotional** feature from your chosen product's packaging, and explain how the feature could encourage Leon's food choice.

Promotional feature	How this feature could encourage Leon's food choice

- (d) Taunakihia tō kōwhiringa mā te whakatairite i te momo i kōwhiria e koe ki ērā atu momo pūrini pātio tio kei te **Rauemi C**.

Whakaarohia ngā āhuetanga pēnei i:

- te tūāhua o Leon
- ngā taipitopito tākai
- ngā momo rahinga o ngā taiora kei roto i ngā pūrini pātio tio me ngā pānga ki te oranga o te taha tinana
- ōu ake mōhiotanga ki *Ngā Aratohu Kai me te Kaiora* (FNG).

Whakamahia te wāhi wātea o raro nei hei wāhi whakamahere whakaaro, ka tīmata ai ki te tuhi i tō whakautu ki te wāhanga (d) ki te whārangi 23.

TE WHAKAMAHERE

- (d) Justify your choice of product by comparing it to the other two frozen dessert products in **Resource C**.

Consider factors such as:

- Leon's situation
- packaging information
- the different amounts of nutrients in the frozen dessert products and their effect on physical well-being
- your own knowledge of the *Food and Nutrition Guidelines* (FNG).

Use the space below to plan your ideas, then begin your answer to (d) on page 25.

PLANNING

English translation of the wording on the front cover

Level 1 Home Economics, 2013

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

2.00 pm Friday 22 November 2013

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 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 2–31 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.