

90961MR



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

## 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

### PUKA RAUEMI

Tirohia tēnei puka hei whakautu i ngā pātai mō te Ohaoha Kāinga 90961.

Tirohia mena e tika ana te raupapatanga o ngā whārangi 2–15 kei roto i tēnei puka, ka mutu, kāore tētahi o aua whārangi i te takoto kau.

**MĀU E PUPURI TĒNEI PUKA Ā TE MUTUNGA O TE WHAKAMĀTAUTAU, KI TE HIAHIATIA.**

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

### Te Rauemi A: Ngā timotimo hanga-huarākau

Naked® Macadamia & Apricot Bites		
	Taiora	Matūkai i te 100 g (tohanga 25 g)
	Pūngao	2030 kJ
	Pūmua	8.5 g
	Ngako, Tapeke –Kōhura	30.4 g 9.2 g
	Warowaihā –ngā Huka	46.4 g 28.0 g
	Huangawhere	3.0 g
	Konutai	67 mg

Bluebird Real Fruit Wildberry Flavoured Bars		
	Taiora	Matūkai i te 100 g (tohanga 20 g)
	Pūngao	1385 kJ
	Pūmua	1.6 g
	Ngako, Tapeke –Kōhura	4.3 g 3.3 g
	Warowaihā –Ngā huka	68.0 g 51.5 g
	Huangawhere	10.9 g
	Konutai	55 mg

**Te Rauemi A** (e rere tonu ana)

<b>Quaker® Fibre bar</b>		
	<b>Taiora</b>	<b>Matūkai i te 100 g (tohanga 30g)</b>
	Pūngao	1380 kJ
	Pūmua	5.9 g
	Ngako, Tapeke -Kōhura	3.0 g Iti iho i te 1 g
	Warowaihā -Ngā huka	47.8 g 18.0 g
	Huangawhere	25.0 g
	Konutai	147 mg

**Resource A: Fruit-based snacks**

<b>Naked® Macadamia &amp; Apricot Bites</b>		
	<b>Nutrient</b>	<b>Nutrition per 100 g (serve size 25 g)</b>
	Energy	2030 kJ
	Protein	8.5 g
	Fat, Total	30.4 g
	–Saturated	9.2 g
	Carbohydrate	46.4 g
	–Sugars	28.0 g
	Dietary Fibre	3.0 g
	Sodium	67 mg

<b>Bluebird Real Fruit Wildberry Flavoured Bars</b>		
	<b>Nutrient</b>	<b>Nutrition per 100 g (serve size 20 g)</b>
	Energy	1385 kJ
	Protein	1.6 g
	Fat, Total	4.3 g
	–Saturated	3.3 g
	Carbohydrate	68.0 g
	–Sugars	51.5 g
	Dietary Fibre	10.9 g
	Sodium	55 mg

**Resource A** (continued)

<b>Quaker® Fibre bar</b>		
	<b>Nutrient</b>	<b>Nutrition per 100 g (serve size 30 g)</b>
	Energy	1380 kJ
	Protein	5.9 g
	Fat, Total	3.0 g
	-Saturated	Less than 1 g
	Carbohydrate	47.8 g
	-Sugars	18.0 g
	Dietary Fibre	25.0 g
	Sodium	147 mg

### Te Rauemi B: Ngā kai hanga-raihi

Diamond Rice Risotto Rice & Flavour Mix (Chicken)		
	Taiora	Matūkai ā-raihi maoa i ia 100 g
	Pūngao	635 kJ
	Pūmua	2.4 g
	Ngako, Tapeke –Kōhura	6.3 g 1.0 g
	Warowaihā –Ngā huka	21.3 g 1.7 g
	Huangawhere	<i>Kāore he taipitopito</i>
	Konutai	435 mg

Uncle Ben's® Long Grain Rice		
	Taiora	Matūkai ā-raihi maoa i ia 100 g
	Pūngao	630 kJ
	Pūmua	3.2 g
	Ngako, Tapeke –Kōhura	0.5 g 0 g
	Warowaihā –Ngā huka	32.8 g 0.2 g
	Huangawhere	0.4 g
	Konutai	Iti iho i te 5 mg

**Te Rauemi B** (e rere tonu ana)

<b>SunRice® Medium Grain Brown Rice (pre-cooked)</b>	
<b>Taiora</b>	<b>Matūkai ā-raihi kua maoa 100 g</b>
Pūngao	781 kJ
Tapeke pūmua –Kurutene	4 g 0 mg
Ngako, Tapeke –Kōhura	3 g Iti iho i te 1 g
Warowaihā –Ngā huka	34 g Iti iho i te 1 g
Huangawhere	3 g
Konutai	Iti iho i te 5 mg
Niatīni	1.2 mg
Konupora	52 mg
Konurehu	130 mg

**Resource B: Rice-based meals**

<b>Diamond Rice Risotto Rice &amp; Flavour Mix (Chicken)</b>		
	<b>Nutrient</b>	<b>Nutrition per 100 g of cooked rice</b>
	Energy	635 kJ
	Protein	2.4 g
	Fat, Total –Saturated	6.3 g 1.0 g
	Carbohydrate –Sugars	21.3 g 1.7 g
	Dietary Fibre	<i>Information not given</i>
	Sodium	435 mg

<b>Uncle Ben's® Long Grain Rice</b>		
	<b>Nutrient</b>	<b>Nutrition per 100 g of cooked rice</b>
	Energy	630 kJ
	Protein	3.2 g
	Fat, Total –Saturated	0.5 g 0 g
	Carbohydrate –Sugars	32.8 g 0.2 g
	Dietary Fibre	0.4 g
	Sodium	Less than 5 mg



**Resource B (continued)**

<b>SunRice® Medium Grain Brown Rice (pre-cooked)</b>		
	<b>Nutrient</b>	<b>Nutrition per 100 g of cooked rice</b>
	Energy	781 kJ
	Protein, Total	4 g
	–Gluten	0 mg
	Fat, Total	3 g
	–Saturated	Less than 1 g
	Carbohydrate	34 g
	–Sugars	Less than 1 g
	Dietary Fibre	3 g
	Sodium	Less than 5 mg
	Niacin	1.2 mg
	Magnesium	52 mg
	Potassium	130 mg

## Te Rauemi C: Ngā momo pūrini pātio

## TipTop™ Trumpet

TipTop™ Trumpet		
	Taiora	Matūkai i te 100 g (tohanga 75 g)
	Pūngao	1280 kJ
	Pūmua	3.3 g
	Ngako, Tapeke –Kōhura	15.8 g 9.8 g
	Warowaihā –Ngā huka	37.1 g 23.6 g
	Konutai	24.0 mg
	Konupūmā	<i>Kāore he taipitopito</i>

## Streets® Paddle Pop Rainbow

Streets® Paddle Pop Rainbow		
	Taiora	Matūkai i te 100 g (tohanga 68 g)
	Pūngao	660 kJ
	Pūmua	3.4 g
	Ngako, Tapeke –Kōhura	4.8 g 2.4 g
	Warowaihā –Ngā huka	24.9 g 19.8 g
	Konutai	46 mg
	Konupūmā	132 mg

**Te Rauemi C** (e rere tonu ana)

<b>Moosies® Milk Freeze Chocolate &amp; Strawberry</b>	
<b>Tiakarete</b>	
<b>Taiora</b>	<b>Matūkai i te 100 g (tohanga 85 g)</b>
Pūngao	548 kJ
Pūmua	4.1 g
Ngako, Tapeke	2.6 g
-Kōhura	1.4 g
Warowaihā	19.3 g
-ngā huka	19.1 g
Konutai	65 mg
Konupūmā	160 mg
<b>Rōpere</b>	
<b>Taiora</b>	<b>Matūkai i te 100 g (tohanga 85 g)</b>
Pūngao	552 kJ
Pūmua	4.1 g
Ngako, Tapeke	2.3 g
-Kōhura	1.6 g
Warowaihā	19.4 g
-Ngā huka	19.3 g
Konutai	64 mg
Konupūmā	160 mg

## Resource C: Frozen dessert products

## TipTop™ Trumpet

TipTop™ Trumpet		
	Nutrient	Nutrition per 100 g (serve size 75 g)
	Energy	1280 kJ
	Protein	3.3 g
	Fat, Total	15.8 g
	–Saturated	9.8 g
	Carbohydrate	37.1 g
	–Sugars	23.6 g
	Sodium	24.0 mg
Calcium	<i>Information not given</i>	

## Streets® Paddle Pop Rainbow

Streets® Paddle Pop Rainbow		
	Nutrient	Nutrition per 100 g (serve size 68 g)
	Energy	660 kJ
	Protein	3.4 g
	Fat, Total	4.8 g
	–Saturated	2.4 g
	Carbohydrate	24.9 g
	–Sugars	19.8 g
	Sodium	46 mg
Calcium	132 mg	

**Resource C** (continued)

<b>Moosies® Milk Freeze Chocolate &amp; Strawberry</b>	
<b>Chocolate</b>	
<b>Nutrient</b>	<b>Nutrition per 100 g (serve size 85 g)</b>
Energy	548 kJ
Protein	4.1 g
Fat, Total	2.6 g
–Saturated	1.4 g
Carbohydrate	19.3 g
–Sugars	19.1 g
Sodium	65 mg
Calcium	160 mg
<b>Strawberry</b>	
<b>Nutrient</b>	<b>Nutrition per 100 g (serve size 85 g)</b>
Energy	552 kJ
Protein	4.1 g
Fat, Total	2.3 g
–Saturated	1.6 g
Carbohydrate	19.4 g
–Sugars	19.3 g
Sodium	64 mg
Calcium	160 mg

**HE MIHI**

He mea panoni ētahi kōrero mai i ngā momo tākai e rārangi mai nei hei whakamahinga i tēnei whakamātautau.

**Whārangī 2: Te Rauemi A**

Naked® Macadamia & Apricot Bites

Bluebird Real Fruit Bars Wildberry Flavoured  
Bluebird Foods Limited New Zealand

**Whārangī 3: Quaker® Fibre Bar Golden Apricot  
Bluebird Foods Limited New Zealand****Whārangī 6: Te Rauemi B**

Diamond Rice Risotto  
Wilson Foods Limited, Auckland, New Zealand

Uncle Ben's® Long Grain Rice  
Mars New Zealand

**Whārangī 7: SunRice® Medium Grain Brown Rice  
SunRice® Australia****Whārangī 10: Te Rauemi C**

TipTop™ Trumpet  
Fonterra Brands (Tip Top) Ltd New Zealand

Streets® Paddle Pops  
Unilever New Zealand

**Whārangī 11: Moosies®  
Tasman Bay Food Group Ltd New Zealand**

**ACKNOWLEDGEMENTS**

Material from the following product packaging has been adapted for use in this examination.

Page 4: **Resource A**

Naked® Macadamia & Apricot Bites

Bluebird Real Fruit Bars Wildberry Flavoured  
Bluebird Foods Limited New Zealand

Page 5: Quaker® Fibre Bar Golden Apricot  
Bluebird Foods Limited New Zealand

Pages 8: **Resource B**

Diamond Rice Risotto  
Wilson Foods Limited, Auckland, New Zealand

Uncle Ben's® Long Grain Rice  
Mars New Zealand

Page 9: SunRice® Medium Grain Brown Rice  
SunRice® Australia

Page 12: **Resource C**

TipTop™ Trumpet  
Fonterra Brands (Tip Top) Ltd New Zealand

Streets® Paddle Pops  
Unilever New Zealand

Page 13: Moosies®  
Tasman Bay Food Group Ltd New Zealand

*English translation of the wording on the front cover*

**90961MR**

**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

**RESOURCE BOOKLET**

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

Check that this booklet has pages 2–15 in the correct order and that none of these pages is blank.

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

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