

90961R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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 2–8 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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Resource A: Fruit-based snacks

Naked® Macadamia & Apricot Bites		
	Nutrient	Nutrition per 100 g (serve size 25 g)
	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

Bluebird Real Fruit Wildberry Flavoured Bars		
	Nutrient	Nutrition per 100 g (serve size 20 g)
	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)

Quaker® Fibre bar		
	Nutrient	Nutrition per 100 g (serve size 30 g)
	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

Resource B: Rice-based meals

Diamond Rice Risotto Rice & Flavour Mix (Chicken)		
	Nutrient	Nutrition per 100 g of cooked rice
	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

Uncle Ben's® Long Grain Rice		
	Nutrient	Nutrition per 100 g of cooked rice
	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)

SunRice® Medium Grain Brown Rice (pre-cooked)		
	Nutrient	Nutrition per 100 g of cooked rice
	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

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)

Moosies® Milk Freeze Chocolate & Strawberry	
Chocolate	
Nutrient	Nutrition per 100 g (serve size 85 g)
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
Strawberry	
Nutrient	Nutrition per 100 g (serve size 85 g)
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

ACKNOWLEDGEMENTS

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

Page 2: **Resource A**

Naked® Macadamia & Apricot Bites

Bluebird Real Fruit Bars Wildberry Flavoured
Bluebird Foods Limited New Zealand

Page 3: Quaker® Fibre Bar Golden Apricot
Bluebird Foods Limited New Zealand

Page 4: **Resource B**

Diamond Rice Risotto
Wilson Foods Limited, Auckland, New Zealand

Uncle Ben's® Long Grain Rice
Mars New Zealand

Page 5: SunRice® Medium Grain Brown Rice
SunRice® Australia

Page 6: **Resource C**

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

Streets® Paddle Pops
Unilever New Zealand

Page 7: Moosies®
Tasman Bay Food Group Ltd New Zealand