

See back cover for an English
translation of this cover

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90961MR



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

Ohaoha Kāinga, Kaupae 1, 2014

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

2.00 i te ahiahia o te Rāhina, te 24 o Whiringa-ā-rangi 2014
Whiwhinga: E whā

PUKA RAUEMI

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

Tirohia mena e tika ana te raupapatanga o ngā whārangi 2–19 kei roto i tēnei puka, ka mutu, kāore tētahi o aua whārangi i te takoto kau.

E ĀHEI ANA KI TE PUPURI KI TĒNEI PUKA Ā TE MUTUNGA O TE WHAKAMĀTAUTAU.

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

Te Rauemi A: Kai parāoa

Pams® White Toast		
	Taiora	Matūkai i te 100 g (E 2 kōripi, e 74 g te tohanga)
	Pūngao	1 040 kJ
	Pūmua	8.6 g
	Ngako, Tapeke -Kōhura	1.9 g Iti iho i te 1 g
	Warowaihā -Huka	46.9 g 3.0 g
	Huangawhere	2.8 g
	Konutai	420 mg

Kai Whakauru

Parāoa puehu wīti, wai, poke ihi, tote konutawa, hinu kanora, parāoa puehu hoi, whakaehu (471, 481), tauhere kawatanga (263).

Kei roto nei: Te pūmua wīti, me te hoi. He ia kākano hehami pea kei roto nei.

Rokiroki

E RANGONA AI TE TINO REKA O TE PARĀOA NEI: Me pupuru ki tētahi wāhi maroke, haurehu hoki, i te pāmahana noa o te rūma, raua rānei ki te pouaka tio i te rā ka hokona, hei whakaroa i tōna pai.

Inā pātiohia, tiakina kia kua e mahana ake i te -15°C te pāmahana. Ka pai te 4 marama ki te pouaka tio. Kia rewa te tio, me whakapau i roto i te 5 rā.

Resource A: Bread products

Pams® White Toast		
	Nutrient	Nutrition per 100 g (2 slices serve size 74 g)
	Energy	1 040 kJ
	Protein	8.6 g
	Fat, Total –Saturated	1.9 g Less than 1 g
	Carbohydrate –Sugars	46.9 g 3.0 g
	Dietary Fibre	2.8 g
	Sodium	420 mg
	<p>Ingredients Wheat flour, water, yeast, iodised salt, canola oil, soy flour, emulsifiers (471, 481), acidity regulator (263). Contains: Gluten & soy. May contain traces of sesame seeds.</p> <p>Storage TO ENJOY THIS BREAD AT ITS BEST: Store in a dry, aerated place at room temperature or deep freeze on day of purchase for extended use. If freezing, store at or below -15°C. Recommended frozen life: 4 months. Consume within 5 days of thawing.</p>	

Te Rauemi A: Kai parāoa (e rere tonu nei)

Plain Pack Bread Wheatmeal Toast		
	Taiora	Matūkai i te 100 g (E 2 kōripi, e 63 g te tohanga)
	Pūngao	992 kJ
	Pūmua	9.3 g
	Ngako, Tapeke –Kōhura	1.4 g Iti iho i te 1 g
	Warowaihā –Huka	46.9 g 3.0 g
	Huangawhere	5.3 g
	Konutai	451 mg
<p>Kai whakauru</p> <p>He huapata whai pūmua wīti, he hoi hoki kei roto nei, e ai ki tērā e tohua ana ki te tuhi miramira: Puehu parāoa wīti, wai, mīrawīti (10%), poke ihi, tote konutawa, parāoa puehu hoi, matū whakaranu (471, 481), tauhere kawatanga (263).</p> <p>He mea tunu i te raina e whakanao hoki nei i te kākano hehami.</p> <p>Rokiroki</p> <p>Tiakina ki tētahi wāhi mātao, maroke hoki. Pātiothia i te rā e hokona ai.</p>		

Resource A: Bread products (continued)

Plain Pack Bread Wheatmeal Toast		
	Nutrient	Nutrition per 100 g (2 slices serve size 63 g)
	Energy	992 kJ
	Protein	9.3 g
	Fat, Total -Saturated	1.4 g Less than 1 g
	Carbohydrate -Sugars	46.9 g 3.0 g
	Dietary Fibre	5.3 g
	Sodium	451 mg
<p>Ingredients</p> <p>Contains gluten-containing cereal and soy as indicated in bold type: Wheat flour, water, wheatmeal (10%), yeast, iodised salt, soya flour, emulsifier (471, 481), acidity regulator (263).</p> <p>Baked on a line that also produces sesame products.</p> <p>Storage</p> <p>Store in a cool dry place. Freeze on day of purchase.</p>		

Te Rauemi A: Kai parāoa (e rere tonu nei)

Sunny Crust® Multigrain Toast		
	Taiora	Matūkai i te 100 g (E 2 kōripi, e 63 g te tohanga)
	Pūngao	1 050 kJ
	Pūmua	9.2 g
	Ngako, Tapeke –Kōhura	1.6 g 0.3 g
	Warowaihā –Huka	47.2 g 3.0 g
	Huangawhere	3.5 g
	Konutai	450 mg
<p>Kai whakauru</p> <p>He huapata whai pūmua wīti, he hoi hoki kei roto nei, e ai ki tērā e tohua ana ki te tuhi miramira.</p> <p>Puehu parāoa wīti, wai, patakano tapahia (10%), (wīti, rai) poke ihi, pūmua wīti, konutawa, hinu kanora, parāoa puehu hoi, matū whakaranu (471, 481), tauhere kawatanga (263), kawa whōrika.</p> <p>He mea mahi i te raina e whakanao hoki nei i ngā kai whai hehami.</p> <p>Rokiroki</p> <p>Tiakina ki tētahi wāhi mātao, maroke hoki. Pātiothia i te rā e hokona ai.</p>		

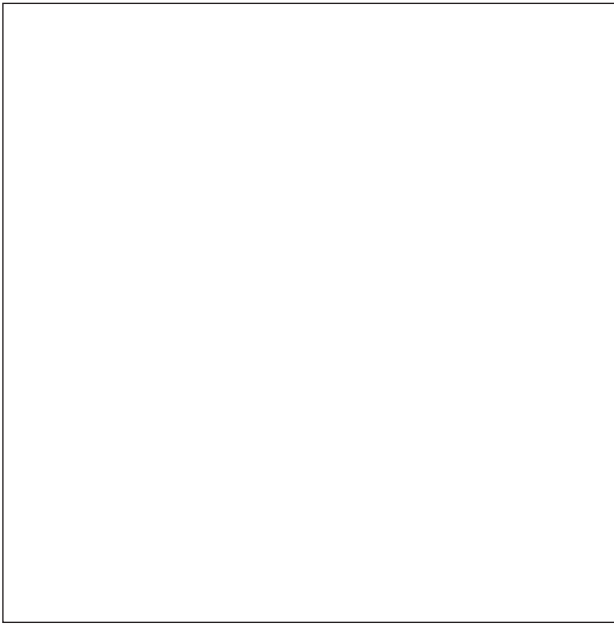
Resource A: Bread products (continued)

Sunny Crust® Multigrain Toast		
	Nutrient	Nutrition per 100 g (2 slices serve size 63 g)
	Energy	1 050 kJ
	Protein	9.2 g
	Fat, Total -Saturated	1.6 g 0.3 g
	Carbohydrate -Sugars	47.2 g 3.0 g
	Dietary Fibre	3.5 g
	Sodium	450 mg
<p>Ingredients</p> <p>Contains gluten-containing cereal and soy as indicated in bold type.</p> <p>Wheat flour, water, kibbled grains (10 %) (wheat, rye), yeast, wheat gluten, iodised salt, canola oil, soy flour, emulsifier (471, 481), acidity regulator (263), folic acid.</p> <p>Made on a line that also produces products containing sesame.</p> <p>Storage</p> <p>Store in a cool, dry place, or freeze on day of purchase.</p>		


Te Rauemi B: Kai tīhi

Chesdale® Light 'N Trim	
	
Taiora	Matūkai i te 100 g (1 te kōripi, e 20.8 g te tohanga)
Pūngao	1 000 kJ
Pūmua	19.9 g
Ngako, Tapeke –Kōhura	15.0 g 10.0 g
Warowaihā –Huka	6.4 g 5.4 g
Konutai	1 700 mg
Konupūmā	605 mg
<p>Kai whakauru Tīhi (55%, nui atu rānei, i mahia ki te miraka kau, te renete, te titipu mōkito, me te tote) wai, totoka miraka, matū whakaranu (331, 339), tote, tāwara, tāroki (200).</p> <p>He hua miraka, he hua hoi, he hua pūtauhuka hoki kei roto nei.</p> <p>Rokiroki Whakamātaohia i muri i te whakatuwheratanga.</p>	

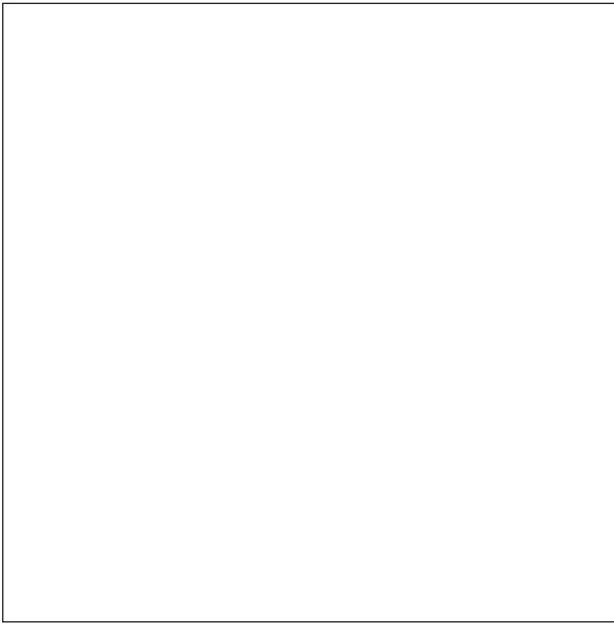
Resource B: Cheese products

Chesdale® Light 'N Trim	
	
Nutrient	Nutrition per 100 g (1 slice serve size 20.8 g)
Energy	1 000 kJ
Protein	19.9 g
Fat, Total	15.0 g
-Saturated	10.0 g
Carbohydrate	6.4 g
-Sugars	5.4 g
Sodium	1 700 mg
Calcium	605 mg
<p>Ingredients Cheese (min 55% made from cow's milk, rennet, culture, and salt), water, milk solids, emulsifiers (331, 339), salt, flavour, preservatives (200).</p> <p>Contains milk, soy, and cellulose products.</p> <p>Storage Refrigerate after opening.</p>	

Te Rauemi B: Kai tīhi (e rere tonu nei)

Bega® Super Slim	
	
Taiora	Matūkai i te 100 g (1 te kōripi, e 21 g te tohanga)
Pūngao	858 kJ
Pūmua	23.0 g
Ngako, Tapeke –Kōhura	8.8 g 6.0 g
Warowaihā –Huka	8.3 g 2.5 g
Konutai	1 740 mg
Konupūmā	829 mg
<p>HE KŌRIPI TIHI TUKATUKA, ITI NOA NEI TE NGAKO. HE KAI KONUPŪMĀ PAI, 65% NOA TE HEKENGĀ NGAKO I TĒRĀ O TE BEGA SUPER SLICES. HE ITI IHO TE NGAKO I TE 2g I TE KŌRIPI.</p> <p>Kai Whakauru</p> <p>Tihi [miraka, tote, titipu mōkito, pūmua whākōkī (62%, nui atu rānei)], wai, totoka miraka, matū whakaranu (331, 339), tote, tauhere kawātanga (330), taroki (200), tae māori (160b), rehetina (nō te hoi).</p> <p>Kārekau he tāwara waihanga, he tae waihanga rānei.</p> <p>Rokiroki</p> <p>Tikaina ki te pae mahana 4°C, iti iho rānei.</p>	

Resource B: Cheese products (continued)

Bega® Super Slim	
	
Nutrient	Nutrition per 100 g (1 slice serve size 21 g)
Energy	858 kJ
Protein	23.0 g
Fat, Total	8.8 g
–Saturated	6.0 g
Carbohydrate	8.3 g
–Sugars	2.5 g
Sodium	1 740 mg
Calcium	829 mg
<p>REDUCED FAT PROCESSED CHEESE SLICES. GOOD SOURCE OF CALCIUM. 65% LESS FAT THAN BEGA SUPER SLICES. LESS THAN 2g OF FAT PER SLICE.</p> <p>Ingredients</p> <p>Cheese [pasteurised milk, salt, starter culture, enzyme (62% minimum)], water, milk solids, emulsifiers (331, 339), salt, acidity regulator (330), preservative (200), natural colour (160b), lecithin (from soy).</p> <p>No artificial colours or flavours.</p> <p>Storage</p> <p>Keep refrigerated at or below 4°C.</p>	

Te Rauemi C: Kai timotimo kua tākaia

Solay™ 10 Pack Potato Crisps Sea Salt	
Taiora	Matūkai i te 100 g (He 18 g te tohanga)
Pūngao	2 200 kJ
Pūmua	5.1 g
Ngako, Tapeke -Kōhura -Whakawhiti -Hamanga rau -Hamanga tahi	34.1 g 3.1 g Less than 1 g 3.5 g 27.4 g
Warowaihā -Huka	47.8 g Less than 1 g
Konutai	430 mg
<p>Kai whakauru</p> <p>Riwai, hinu putiputi rā, tote rehu tai.</p> <p>HE MEA MAHI I TĒTAHI WHARE WHAKANAO E MAHI HUAPATA ANA HE KURUTENE, HE HUA MIRAKA, HE PĪNATI, HE NATI KĒ ATU, HE HOI ANŌ HOKI O ROTO.</p>	

Resource C: Packaged snack products**Solay™ 10 Pack Potato Crisps Sea Salt**

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Nutrient	Nutrition per 100 g (serve size 18 g)
Energy	2 200 kJ
Protein	5.1 g
Fat, Total	34.1 g
-Saturated	3.1 g
-Trans	Less than 1 g
-Polyunsaturated	3.5 g
-Monounsaturated	27.4 g
Carbohydrate	47.8 g
-Sugars	Less than 1 g
Sodium	430 mg

Ingredients

Potatoes, sunflower oil, sea salt.

PRODUCED IN A FACTORY HANDLING CEREALS CONTAINING GLUTEN, MILK PRODUCTS, PEANUTS, OTHER NUTS AND SOY.

Te Rauemi C: Kai timotimo kua tākaia (e rere tonu nei)

The Simpsons™ 8 Snack Packs Rice Snacks Mr. Munchies Tasty BBQ Flavour

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Taiora	Matūkai i te 100 g (He 15 g te tohanga)
Pūngao	1 750 kJ
Pūmua	4.6 g
Ngako, Tapeke –Kōhura –Whakawhiti –Hamanga rau –Hamanga tahi	9.8 g 2.0 g 0.0 g 3.8 g 4.0 g
Warowaihā –Huka	78.0 g Iti iho i te 1 g
Konutai	380 mg

Kai Whakauru

Puehu parāoa raihi (85%), hinu huapata raihi[ārai pūtau (E307)], huka, tote, paura kīnaki hoi (warowaihā māngaro, tote, hinu pīni hoi), tāwara rorerore, matū whakareka (E627, E631).
HE HOI KEI ROTO. HE IA MIRAKA PEA KEI ROTO.

Resource C: Packaged snack products (continued)**The Simpsons™ 8 Snack Packs Rice Snacks Mr. Munchies Tasty BBQ Flavour**

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Nutrient	Nutrition per 100 g (serve size 15 g)
Energy	1 750 kJ
Protein	4.6 g
Fat, Total	9.8 g
–Saturated	2.0 g
–Trans	0.0 g
–Polyunsaturated	3.8 g
–Monounsaturated	4.0 g
Carbohydrate	78.0 g
–Sugars	Less than 1 g
Sodium	380 mg

Ingredients

Rice flour (85%), rice bran oil [antioxidant (E307)], sugar, salt, soy sauce powder (maltodextrin, salt, soy bean oil), bbq flavour, flavour enhancers (E627, E631).

CONTAINS SOY. MAY CONTAIN TRACES OF MILK.

Te Rauemi C: Kai timotimo kua tākaia (e rere tonu nei)

Bluebird 10 Snack Packs Grain Waves® Sour Cream & Chives Flavoured Wholegrain Chips	
Taiora	Matūkai i te 100 g (He 15 g te tohanga)
Pūngao	2 090 kJ
Pūmua	7.8 g
Ngako, Tapeke –Kōhura –Whakawhiti –Hamanga rau –Hamanga tahi	23.0 g 3.8 g 0.1 g 1.7 g 11.2 g
Warowaihā –Huka	64.6 g 9.1 g
Konutai	500 mg
Kai Whakauru	
<p>Huapata (72%) [huapata tōpata (66%) (parāoa kānga, parāoa wīti, parāoa ōti), raihi, parāoa pāri], hinu putiputi rā, huka, hinu hua whenua, paura miraka, tote, paura aniana, tēhuka, māngaro tapioka, hīkaro pokeihi, tāwara (wīti, miraka), waikawa kai (waikawa miraka, konupūmā pūmua miraka, waikawa rēmana), paura kāriki, pāhiri, hīkaro rau kikini.</p> <p>HE KURUTENE KEI ROTO NEI, HE MIRAKA, HE HUA MIRAKA RĀNEI, HE PĪNI HOI, HE HUA PĪNI HOI RĀNEI.</p>	

Resource C: Packaged snack products (continued)

Bluebird 10 Snack Packs Grain Waves® Sour Cream & Chives Flavoured Wholegrain Chips	
Nutrient	Nutrition per 100 g (serve size 15 g)
Energy	2 090 kJ
Protein	7.8 g
Fat, Total	23.0 g
-Saturated	3.8 g
-Trans	0.1 g
-Polyunsaturated	1.7 g
-Monounsaturated	11.2 g
Carbohydrate	64.6 g
-Sugars	9.1 g
Sodium	500 mg
Ingredients	
Cereals (72%) [wholegrain cereals (66%) (cornflour, wheat flour, oat flour), rice, barley flour], sunflower oil, sugar, vegetable oil, milk powder, salt, onion powder, dextrose, tapioca starch, yeast extracts, flavours (wheat, milk) food acids (lactic acid, calcium lactate, citric acid), garlic powder, parsley, spice extract.	
CONTAINS GLUTEN, MILK OR MILK PRODUCTS, SOYBEANS OR SOYBEAN PRODUCTS.	

He mihi

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

Whārangi Mātāpuna

2, 4, me 6: Te Rauemi A

Pams® White Toast
Pams Products Limited

Plain Pack Bread Wheatmeal Toast
Walter Findlay Limited

Sunny Crust® Multigrain Toast
Goodman Fielder New Zealand Limited

8 me 10: Te Rauemi B

Chesdale® Light 'N Trim
Goodman Fielder New Zealand Limited

Bega® Super Slim
Bega Cheese Limited Australia

12, 14, me 16: Te Rauemi C

Solay™ 10 Pack Potato Crisps Sea Salt
Solay Foods New Zealand

The Simpsons™ 8 Snack Packs Rice Snacks Mr. Munchies Tasty BBQ Flavour
Hot Shots Pty Limited Australia

Bluebird 10 Snack Packs Grain Waves® Sour Cream & Chives
Bluebird Foods Limited New Zealand

Acknowledgements

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

Pages(s)	Source
3, 5, and 7:	<p>Resource A</p> <p>Pams® White Toast Pams Products Limited</p> <p>Plain Pack Bread Wheatmeal Toast Walter Findlay Limited</p> <p>Sunny Crust® Multigrain Toast Goodman Fielder New Zealand Limited</p>
9 and 11:	<p>Resource B</p> <p>Chesdale® Light 'N Trim Goodman Fielder New Zealand Limited</p> <p>Bega® Super Slim Bega Cheese Limited Australia</p>
13, 15, and 17:	<p>Resource C</p> <p>Solay™ 10 Pack Potato Crisps Sea Salt Solay Foods New Zealand</p> <p>The Simpsons™ 8 Snack Packs Rice Snacks Mr. Munchies Tasty BBQ Flavour Hot Shots Pty Limited Australia</p> <p>Bluebird 10 Snack Packs Grain Waves® Sour Cream & Chives Bluebird Foods Limited New Zealand</p>

English translation of the wording on the front cover

Level 1 Home Economics, 2014
90961 Demonstrate understanding of how packaging information influences an individual's food choices and well-being

2.00 pm Monday 24 November 2014
Credits: Four

RESOURCE BOOKLET

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

Check that this booklet has pages 2–19 in the correct order and that none of these pages is blank.

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