

90961R



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

**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 2–11 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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The resources continue on the following page.**

**Resource A: Bread products**

| <b>Pams® White Toast</b> |                          |   |
|--------------------------|--------------------------|---|
|                          | <b>Nutrient</b>          | <b>Nutrition per 100 g<br/>(2 slices serve size 74 g)</b> |
|                          | Energy                   | 1 040 kJ  |
|                          | Protein                  | 8.6 g   |
|                          | Fat, Total<br>–Saturated | 1.9 g<br>Less than 1 g                                    |
|                          | Carbohydrate<br>–Sugars  | 46.9 g<br>3.0 g   |
|                          | Dietary Fibre            | 2.8 g   |
|                          | Sodium                   | 420 mg  |

**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.

**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.


**Resource A: Bread products (continued)**

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

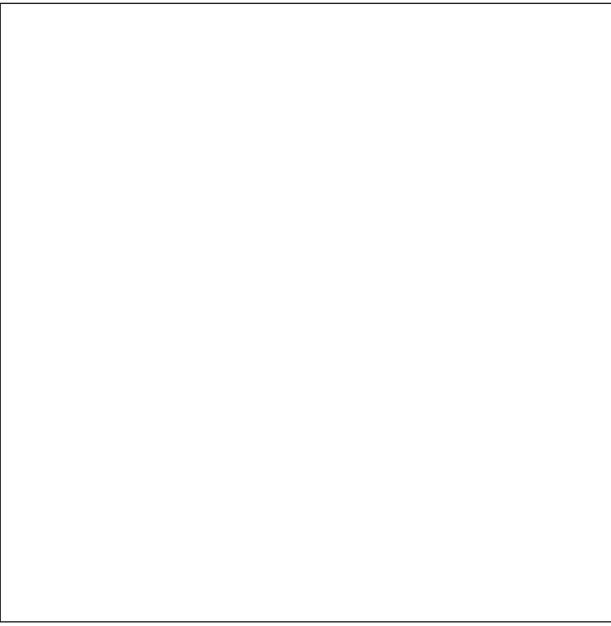
**Resource A: Bread products (continued)**

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

**Resource B: Cheese products**

| <b>Chesdale® Light 'N Trim</b>  |  |
|---|--|
|   |  |
| <b>Nutrient</b>   | <b>Nutrition per 100 g<br/>(1 slice serve size 20.8 g)</b> |
| 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><b>Ingredients</b><br/>           Cheese (min 55% made from cow's milk, rennet, culture, and salt), water, <b>milk</b> solids, emulsifiers (331, 339), salt, flavour, preservatives (200).</p> <p><b>Contains milk, soy, and cellulose products.</b></p> <p><b>Storage</b><br/>           Refrigerate after opening.</p> |  |

**Resource B: Cheese products (continued)**

| <b>Bega® Super Slim</b>   |  |
|---|--|
|   |  |
| <b>Nutrient</b>   | <b>Nutrition per 100 g<br/>(1 slice serve size 21 g)</b> |
| 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><b>Ingredients</b></p> <p>Cheese [pasteurised <b>milk</b>, salt, starter culture, enzyme (62% minimum)], water, <b>milk</b> solids, emulsifiers (331, 339), salt, acidity regulator (330), preservative (200), natural colour (160b), lecithin (from <b>soy</b>).</p> <p><b>No artificial colours or flavours.</b></p> <p><b>Storage</b></p> <p>Keep refrigerated at or below 4°C.</p> |  |

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

|  |  |
|--|--|
|  |  |
|--|--|

| Nutrient         | Nutrition per 100 g<br>(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.



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

|  |  |
|--|--|
|  |  |
|--|--|

| Nutrient         | Nutrition per 100 g<br>(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.

**Resource C: Packaged snack products (continued)**

| <b>Bluebird 10 Snack Packs Grain Waves® Sour Cream &amp; Chives<br/>Flavoured Wholegrain Chips</b>   |  |
|--|--|
|  |  |
| <b>Nutrient</b>  | <b>Nutrition per 100 g<br/>(serve size 15 g)</b> |
| 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   |
| <b>Ingredients</b>   |  |
| 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.<br>CONTAINS GLUTEN, MILK OR MILK PRODUCTS, SOYBEANS OR SOYBEAN PRODUCTS. |  |

## Acknowledgements

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

| Pages(s)      | Source  |
|---------------|---|
| 3, 4, and 5:  | Resource A<br><br>Pams® White Toast<br>Pams Products Limited<br><br>Plain Pack Bread Wheatmeal Toast<br>Walter Findlay Limited<br><br>Sunny Crust® Multigrain Toast<br>Goodman Fielder New Zealand Limited  |
| 6 and 7:      | Resource B<br><br>Chesdale® Light 'N Trim<br>Goodman Fielder New Zealand Limited<br><br>Bega® Super Slim<br>Bega Cheese Limited Australia   |
| 8, 9, and 10: | Resource C<br><br>Solay™ 10 Pack Potato Crisps Sea Salt<br>Solay Foods New Zealand<br><br>The Simpsons™ 8 Snack Packs Rice Snacks Mr. Munchies Tasty BBQ Flavour<br>Hot Shots Pty Limited Australia<br><br>Bluebird 10 Snack Packs Grain Waves® Sour Cream & Chives<br>Bluebird Foods Limited New Zealand |

