

90961MR



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

Ohaoha Kāinga, Kaupae 1, 2015

90961M Te whakaatu māramatanga ki ngā awenga o ngā
taipitopito tākai ki ā te tangata kōwhiringa
kai me tōna oranga

2.00 i te ahiahi o te Rāhina, te 23 o Whiringa-ā-rangi 2015
Whiwhinga: E whā

TE PUKAPUKA RAUEMI

Tirohia tēnei pukapuka hei whakatutuki i ngā tūmahi mō te whakamātautau Ohaoha Kāinga 90961M.

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

E ĀHEI ANA TŌ PUPURI KI TĒNEI PUKAPUKA 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. /
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Te Rauemi A: Ngā Huapata

Kellogg's® Nutri-Grain®

TAIPITOPITO TAIORANGA (Toharite)

Te nui o te tohanga: 40 karamu (1 kapu [he ine whakatau tata tēnei, nō reira, hei ārahi noa])

Ngā tohanga kei ia pouaka: 12

Taiora	Te taioranga i ia tohanga	Te taioranga i ia 100 karamu
Pūngao	640 kiropūngao (kj)	1 600 kiropūngao (kj)
Pūmua	8.8 karamu (g)	21.9 karamu (g)
Te tapeke o te Ngako –Ngako kōhura	0.4 karamu (g) 0.1 karamu (g)	1.0 karamu (g) 0.2 karamu (g)
Warowaihā –Ngā Huka	27.6 karamu (g) 12.8 karamu (g)	69.0 karamu (g) 32.0 karamu (g)
Kaka tipu	1.1 karamu (g)	2.7 karamu (g)
Konutai	192 koma haumano (mg)	480 koma haumano (mg)

Ngā mea whakauru: Huapata (44 ōrau), parāoa wīti, ōtimira, paratē (parāoa), huka, pūmua pia wīti, marahihi, tote, kohuke (konupūmā pākawa waro, rino), matū pārei whakareka, tote kohuke (konutai waro), kara māori (paparika, tumerika), huaora (huaora C, niacin, thiamine, riboflavin, huaora B6, folate).

He huapata whai pūmua pia kei roto. Tēnā pea he wāhi pīnati, he wāhi nati rākau hoki kei roto.

Resource A: Cereals

Kellogg's® Nutri-Grain®

NUTRITION INFORMATION (Average)

Serving size: 40 g (1 metric cup [cup measurement is approximate and is to be used only as a guide])

Servings per package: 12

Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	640 kJ	1 600 kJ
Protein	8.8 g	21.9 g
Fat, Total	0.4 g	1.0 g
–Saturated	0.1 g	0.2 g
Carbohydrate	27.6 g	69.0 g
–Sugars	12.8 g	32.0 g
Dietary Fibre	1.1 g	2.7 g
Sodium	192 mg	480 mg

Ingredients: Cereals (44 %), wheat flour, oatmeal, maize (flour), sugar, wheat gluten, molasses, salt, minerals (calcium carbonate, iron), barley malt extract, mineral salt (sodium bicarbonate), natural colour (paprika, turmeric), vitamins (vitamin C, niacin, thiamine, riboflavin, vitamin B6, folate).

Contains cereals containing gluten. May contain traces of peanuts and / or tree nuts.

Te Rauemi A (e rere tonu ana): Ngā Huapata

Sanitarium™ Weet-Bix™



TAIPITOPITO TAIORANGA (Toharite)

Te nui o te tohanga: 30 karamu (ngā pihikete e 2)

Ngā tohanga kei ia pouaka: 24

Taiora	Te taioranga ki ia tohanga	Te taioranga ki ia 100 karamu
Pūngao	444 kiropūngao (kJ)	1 480 kiropūngao (kJ)
Pūmua	3.6 karamu (g)	12.0 karamu (g)
Te tapeke o te Ngako	0.4 karamu (g)	1.40 karamu (g)
—Ngako kōhura	0.1 karamu (g)	0.3 karamu (g)
Warowaihā	20.1 karamu (g)	67.0 karamu (g)
—Ngā Huka	0.8 karamu (g)	2.8 karamu (g)
Kaka tipu	3.0 karamu (g)	10.1 karamu (g)
Konutai	81 koma haumano (mg)	270 koma haumano (mg)

Ngā mea whakauru: Wīti pata tikitū (97 ōrau), huka, tote, matū pārei whakareka, ngā huaora (niacin, thiamine, riboflavin, folate), kohuke (rino).

He huapata whai pūmua pia kei roto.

Resource A (continued): Cereals**Sanitarium™ Weet-Bix™****NUTRITION INFORMATION (Average)**

Serving size: 30 g (2 biscuits)

Servings per package: 24

Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	444 kJ	1 480 kJ
Protein	3.6 g	12.0 g
Fat, Total	0.4 g	1.40 g
–Saturated	0.1 g	0.3 g
Carbohydrate	20.1 g	67.0 g
–Sugars	0.8 g	2.8 g
Dietary Fibre	3.0 g	10.1 g
Sodium	81 mg	270 mg

Ingredients: Wholegrain wheat (97 %), sugar, salt, barley malt extract, vitamins (niacin, thiamine, riboflavin, folate), mineral (iron).

Contains cereals containing gluten.

Te Rauemi B: Pīni maoa

Wattie's® Full of BEANZ™

TAIPITOPITO TAIORANGA (Toharite)

Te nui o te tohanga: 210 karamu

Ngā tohanga kei ia ipu: 2

Te toharite o te taiora	Te taioranga ki ia tohanga	Te taioranga ki ia 100 karamu
Pūngao	895 kiropūngao(kJ)	425 kiropūngao (kJ)
Pūmua	10.9 karamu (g)	5.2 karamu (g)
Te tapeke o te ngako –Ngako kōhura	1.3 karamu (g) 0.2 karamu (g)	0.6 karamu (g) 0.1 karamu (g)
Warowaihā –Ngā Huka	33.8 karamu (g) 15.5 karamu (g)	16.1 karamu (g) 7.4 karamu (g)
Kaka tipu	12.0 karamu (g)	5.7 g karamu (g)
Konutai	945 koma haumano (mg)	450 koma haumano (mg)
Huaora B (Folate)	56 koma moroiti (µg) (28 ōrau o te RDI**)	27 koma moroiti (µg)
Rino	2.7 mg (22 ōrau o te RDI**)	1.3 koma haumano (mg)
Matū (Lycopene)	5.9 koma haumano (mg)	2.8 koma haumano (mg)

Kei te whārangi 8 te roanga o ngā pārongo mō Te Rauemi B ►

Resource B: Baked Beans**Wattie's® Full of BEANZ™****NUTRITION INFORMATION (Average)**

Serving size: 210 g

Servings per package: 2

Average quantity of nutrient	Nutrition per serve	Nutrition per 100 g
Energy	895 kJ	425 kJ
Protein	10.9 g	5.2 g
Fat, Total	1.3 g	0.6 g
-Saturated	0.2 g	0.1 g
Carbohydrate	33.8 g	16.1 g
-Sugars	15.5 g	7.4 g
Dietary Fibre	12.0 g	5.7 g
Sodium	945 mg	450 mg
Folate	56 µg (28 % RDI**)	27 µg
Iron	2.7 mg (22 % RDI**)	1.3 mg
Lycopene	5.9 mg	2.8 mg

Resource B information continues on page 9 ►

Te Rauemi B (e rere tonu ana): Pīni maoa

*E ai ki Ngā Aratohu Kai me te Taiora o Aotearoa, e 80 karamu te nui o tētahi tohanga hua whenua. Me whai kia kainga ngā momo hua whenua rerekē i ia rā.

**Wāhinga kai mō ia rā (mō te pakeke).

Ngā Mea whakauru: Pīni 'Navy' (51 ōrau), kīnaki tōmato (49 ōrau) [tōmato (41 ōrau), huka, tote, parāoa wīti, paratē whakaete (1412), whakarōnaki (412, 466), raukikini, tāwara, waikawa kai (waikawa rēmana).

Te Rokiroki: Hoatu ngā toenga kai ki tētahi ipu ehara i te maitai, ka whakamātao ai.

Resource B (continued): Baked Beans

*One serve of vegetables equals 80 g based on the NZ Food and Nutrition Guidelines. Aim for a variety of vegetables each day.

**Recommended dietary intake (average adult).

Ingredients: Navy beans (51 %), tomato sauce (49 %) [tomatoes (41 %), sugar, salt, wheat flour, maize thickener (1412), stabilisers (412, 466), spices, flavours, food acid (citric acid)].

Storage: Refrigerate unused contents in a non-metallic container.

Te Rauemi C: Ngā Wairanu

Taste of India Butter Chicken Sauce

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TAIPITOPITO TAIORANGA (Toharite)

Te nui o te tohanga: 106 karamu

Ngā tohanga kei ia pākete: 4

Taiora	Te taioranga ki ia tohanga	Te taioranga ki ia 100 karamu
Pūngao	920 kiropūngao (kJ)	868 kiropūngao (kJ)
Pūmua	2.3 karamu (g)	2.2 karamu (g)
Te tapeke o te ngako	21.4 karamu (g)	20.2 karamu (g)
–Ngako kōhura	14.3 karamu (g)	13.5 karamu (g)
Warowaihā	5.2 karamu (g)	4.9 karamu (g)
–Ngā Huka	4.6 karamu (g)	4.3 karamu (g)
Konutai	393 koma haumano (mg)	371 koma haumano (mg)

Ngā Mea Whakauru: Wai, kirīmi (20 ōrau), aniana (20 ōrau), tōmato (5 ōrau), hinu kanōra (3.5 ōrau), huka, paitu kanekane, tote, nati kāhiu, kāriki, amiami, raukikini.

He tohutohu mō te mate pāwera: He nati kāhiu, he miraka hoki kei roto. He mea whakarite ki rō mīhini kua whakaputa i ngā hua kau, i ngā hua nati, i ngā hua pīni hoia me ngā hua hīhame.

Te rokiroki: Kia huakina, waiho atu ki te whatamātao, ka whakamahia ai i roto i te whitu rā. Kaua e kai mēnā kei te turuturu, kei te pupuhi rānei te kōpaki. Whakarokia ki tētahi wāhi hauangi, maroke hoki.

Resource C: Simmer sauces

Taste of India Butter Chicken Sauce

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NUTRITION INFORMATION (Average)

Serving size: 106 g

Servings per package: 4

Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	920 kJ	868 kJ
Protein	2.3 g	2.2 g
Fat, Total	21.4 g	20.2 g
–Saturated	14.3 g	13.5 g
Carbohydrate	5.2 g	4.9 g
–Sugars	4.6 g	4.3 g
Sodium	393 mg	371 mg

Ingredients: Water, cream (20 %), onions (20 %), tomatoes (5 %), canola oil (3.5 %), sugar, ginger, salt, cashew nuts, garlic, herbs, and spices.

Allergy Advice: Contains cashew nuts and milk. Made on equipment that processes dairy, nuts, soy, and sesame products.

Storage: Once opened, keep refrigerated and use within 7 days. Do not consume if the pouch is leaking or bloated. Store in a cool, dry place.

Te Rauemi C (e rere tonu ana): Ngā Wairanu

Indian Tonight® Butter Chicken Simmer Sauce

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TAIPITOPITO TAIORANGA (Toharite)

Te nui o te tohanga: 123 karamu

Ngā tohanga kei ia ipu: 4

Taiora	Te taioranga ki ia tohanga	Te taioranga ki ia 100 karamu
Pūngao	574 kiropūngao (kJ)	466 kiropūngao (kJ)
Pūmua	2.1 karamu (g)	1.7 karamu (g)
Te tapeke o te ngako -Ngako kōhura	9.9 karamu (g) 2.2 karamu (g)	8.0 karamu (g) 1.8 karamu (g)
Warowaihā -Ngā Huka	10.1 karamu (g) 4.4 karamu (g)	8.2 karamu (g) 3.5 karamu (g)
Konutai	485 koma haumano (mg)	390 koma haumano (mg)

Ngā mea whakauru: Wai, pē tōmato (35 ōrau) (hanga hou), hinu pua hītawe, wai rēmana (hanga hou), aniana (4 ōrau) (hanga hou), kirīmi hou (3 ōrau), whakaete (1422, pia xanthan), huka, raukikini, paitu kanekane, renga aramona, korianara, tote, tōhua hēki, kāriki, tāwara (he miraka, he hua pīni hoia, he wīti), pāhiri (0.3 ōrau) (hanga hou), hirikakā, pāhiri, whakakara (carotene, carmines, annatto extracts) (he ika kei roto), waikawa (waikawa ewaro, waikawa rēmana), wāhi amiami, wāhi raukikini.

He tohutohu mō te mate pāwera: He hēki, he ika, he miraka, he hua pīni hoia, he nati rākau, he wīti anō hoki kei roto. Tērā pea he wāhi kōura-rangi, he wāhi pīnati, he wāhi hīhame hoki kei roto.

Te rokiroki: Kia huakina, whakarokia ki te whatamātao mō te toru rā, whakatohia rānei ki tētahi ipu pai.

Resource C (continued): Simmer sauces**Indian Tonight® Butter Chicken Simmer Sauce****NUTRITION INFORMATION (Average)**

Serving size: 123 g

Servings per package: 4

Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	574 kJ	466 kJ
Protein	2.1 g	1.7 g
Fat, Total	9.9 g	8.0 g
-Saturated	2.2 g	1.8 g
Carbohydrate	10.1 g	8.2 g
-Sugars	4.4 g	3.5 g
Sodium	485 mg	390 mg

Ingredients: Water, tomato puree (35 %) (reconstituted), sunflower oil, lemon juice (reconstituted), onion (4 %) (reconstituted), fresh cream (3 %), thickeners (1422, xanthan gum), sugar, spices, ginger, almond meal, coriander, salt, egg yolk, garlic, flavours (contains milk, soy, wheat), parsley (0.3 %) (reconstituted), chilli, parsley, colours (carotene, carmines, annatto extracts) (contains fish), acid (acetic acid, citric acid), herb extract, spice extract.

Allergy Advice: Contains egg, fish, milk, soy, tree nuts, and wheat. May contain crustacea, peanut, and sesame.

Storage: After opening, store in refrigerator for up to 3 days or freeze in a suitable container.

He mihi

Kua whakahāngaihia he pārongo mai i ngā tākai kai e whai ake nei kia pai ai te whakamahinga i tēnei whakamātautau.

Whārangi Mātāpuna

2 me te 4: Te Rauemi A:

Kellogg's® Nutri-Grain®
Kellogg (Aust.) Pty. Ltd.

Sanitarium™ Weet-Bix™
Sanitarium Health and Well-being

6 me te 8: Te Rauemi B:

Wattie's® Full of BEANZ™
Heinz Wattie's Ltd.

10 me te 12: Te Rauemi C:

Taste of India
Foods Pacific Ltd. Suva, Fiji

Indian Tonight®
Continental

Acknowledgements

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

Page(s)	Source
3 and 5:	Resource A: Kellogg's® Nutri-Grain® Kellogg (Aust.) Pty. Ltd. Sanitarium™ Weet-Bix™ Sanitarium Health and Well-being
7 and 9:	Resource B: Wattie's® Full of BEANZ™ Heinz Wattie's Ltd.
11 and 13:	Resource C: Taste of India Foods Pacific Ltd. Suva, Fiji Indian Tonight® Continental

English translation of the wording on the front cover

90961MR

Level 1 Home Economics, 2015

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

2.00 p.m. Monday 23 November 2015
Credits: Four

RESOURCE BOOKLET

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

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.