

90961R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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

Level 1 Home Economics, 2015

90961 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 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: Cereals

Kellogg's® Nutri-Grain®

NUTRITION INFORMATION (Average)

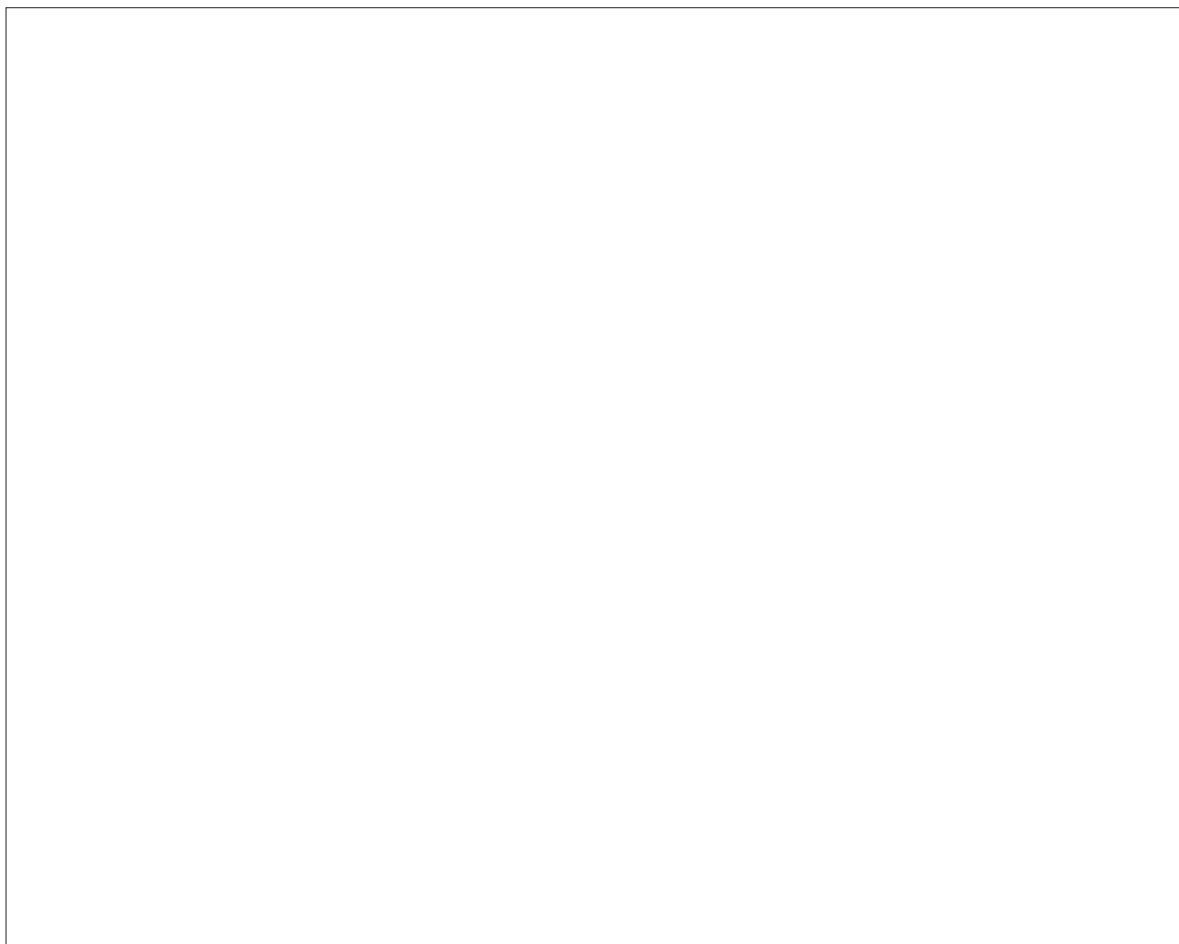
Serving size: 40 g (1 metric cup [cup measurement is approximate and is to be used only as a guide])

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.

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.

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 5 ►

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.

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.

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.

Acknowledgements

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

| Page(s) | Source |
|----------|------------------------------------------------------------------------------------------------------------------------------------------|
| 2 and 3: | Resource A: Kellogg's® Nutri-Grain® Kellogg (Aust.) Pty. Ltd. Sanitarium™ Weet-Bix™ Sanitarium Health and Well-being |
| 4 and 5: | Resource B: Wattie's® Full of BEANZ™ Heinz Wattie's Ltd. |
| 6 and 7: | Resource C: Taste of India Foods Pacific Ltd. Suva, Fiji Indian Tonight® Continental |