

90961



NEW ZEALAND QUALIFICATIONS AUTHORITY
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SUPERVISOR'S USE ONLY

Level 1 Home Economics, 2016

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

9.30 a.m. Monday 21 November 2016
Credits: Four

| Achievement | Achievement with Merit | Achievement with Excellence |
|--|---|--|
| Demonstrate understanding of how packaging information influences an individual's food choices and well-being. | Demonstrate in-depth understanding of how packaging information influences an individual's food choices and well-being. | Demonstrate comprehensive understanding of how packaging information influences an individual's food choices and well-being. |

Check that the National Student Number (NSN) on your admission slip is the same as the number at the top of this page.

You should attempt ALL the questions in this booklet.

Pull out Resource Booklet 90961R from the centre of this booklet.

You **MUST** use the resources provided in the resource booklet to answer the questions.

If you need more room for any answer, use the extra space provided at the back of this booklet.

Check that this booklet has pages 2–12 in the correct order and that none of these pages is blank.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

TOTAL

ASSESSOR'S USE ONLY

INSTRUCTIONS

Read **Resource Booklet 90961R** and the scenario below, and refer to them when answering Questions One and Two.

Lance's Scenario

Lance is 15 and has a 13-year-old sister, Ella. Lance and Ella live with their Mum, Nicola, who is a chef, and does shift work at a retirement village. Ella has Coeliac Disease, which means she cannot eat food containing gluten.

Both Lance and Ella enjoy sport, are members of an athletics club, and play touch rugby.

Each week, Nicola takes Lance and Ella to do the weekly shop, so they can learn to make good food choices within their budget.

QUESTION ONE: YOGHURT

Read the scenario below, and refer to it, as well as **Resource A** on pages 2–5 of the resource booklet, when answering this question.

Lance's first job when he is helping with the weekly shop is to choose yoghurt to have at home for quick desserts and after-school snacks.

Lance is learning a lot about reading food labels in his Home Economics class at school, and has been taught to look at the overall nutrients of food products to make an informed, nutritious choice. He looks at the front of the packaging on each yoghurt product, and then reads the nutritional information panel on the side or back. He also checks out the promotional features before making his choice.

- (a) Complete the chart below by writing in the amount of sugar, calcium, protein, and energy per 100g for EACH yoghurt.

| Per 100 grams | Uno Smooth Peach Mango | Fresh'n Fruity Autumn Duet | De Winkel Plain Unsweetened |
|----------------------|-----------------------------------|---------------------------------------|--|
| Sugar | | | |
| Calcium | | | |
| Protein | | | |
| Energy | | | |

- (b) Explain why the Uno yoghurt has the most energy.

- (c) Explain how and why the nutritional and promotional features from the yoghurts in the table below, could influence Lance's food choice.

| Feature | How and why this feature could influence Lance's food choice |
|---|--|
| <p>(i) Uno Smooth Peach Mango</p>  | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p>(ii) Fresh'n Fruity</p>  | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p>(iii) Uno Smooth Peach Mango</p>  | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p>(iv) De Winkel</p>  | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

(d) What is the healthiest choice of yoghurt for Lance and his family?

Consider factors such as:

- the nutritional and promotional information on the packaging of your chosen yoghurt
 - your own knowledge of calcium, protein, and sugars.
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(e) Discuss how and why the amount of sugar in your chosen product could influence Lance's food choice, and his family's well-being.

Consider factors such as:

- the effect of eating sugar on physical well-being
 - your own knowledge of the *Food and Nutrition Guidelines* (FNG).
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-
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(f) Justify your choice of product by comparing its packaging information to the other two yoghurt products.

Consider factors such as:

- the different amounts of **protein, calcium, and added vitamins** in the yoghurt products, and their effect on physical well-being
- the nutrients that support bone health
- your own knowledge of the *Food and Nutrition Guidelines* (FNG)
- Lance and his family situation.

PLANNING (OPTIONAL)

QUESTION TWO: HEAT-AND-EAT MEALS

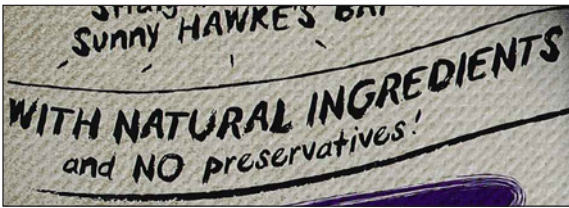
Read the scenario below, and refer to it, as well as **Resource B** on pages 6 and 7 of the resource booklet, when answering this question.

On a Tuesday night, Lance and Ella get home late from athletics club. Their mum is at work, so is not home to cook dinner, but she lets them have a heat-and-eat meal instead of ordering a takeaway.
Lance and Ella both choose to have Thai Chicken with fluffy white rice.

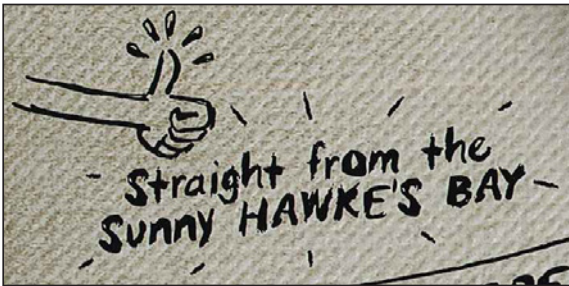
- (a) Explain how and why the nutritional and promotional features from the Thai Chicken heat-and-eat meal in the table below, could influence Lance and Ella’s food choice.

| Feature | How AND why this feature could influence Lance and Ella’s food choice |
|---|---|
| <p>(i)</p>  | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p>(ii)</p>  | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

(iii)



(iv)

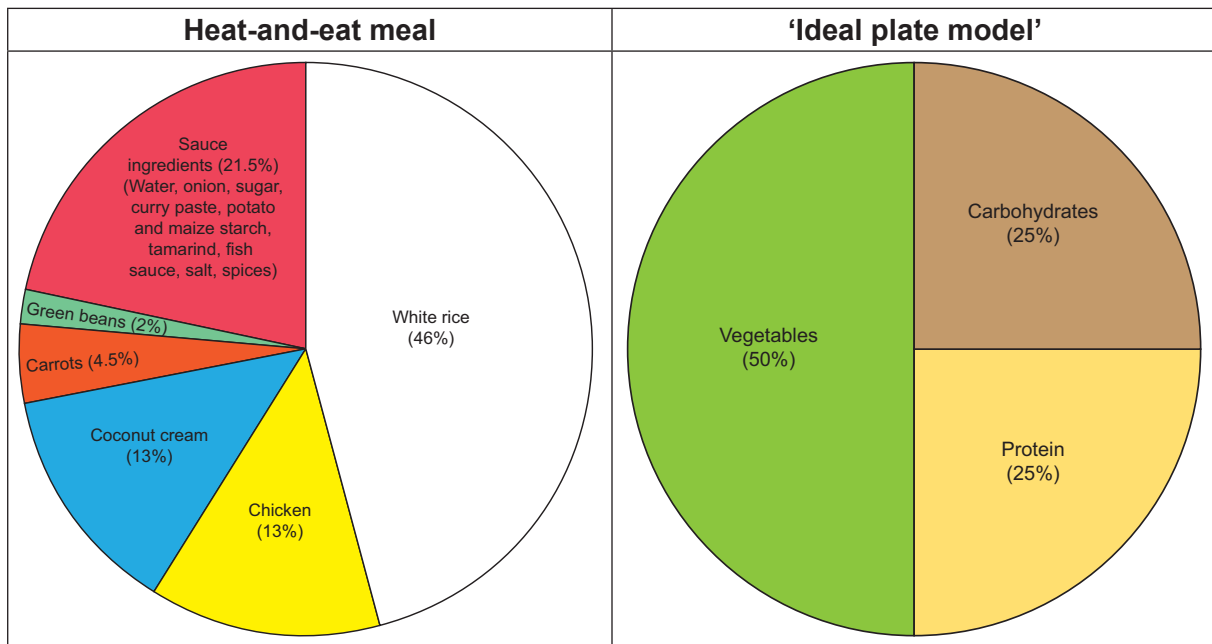


(b) (i) How much fibre per serving does this meal provide?

(ii) What percentage daily intake per serving of fibre is provided by this meal?

(iii) Explain why it is important for Lance and Ella to eat enough fibre each day.

- (c) As part of Lance's Home Economics homework, he has to compare his heat-and-eat meal with the 'ideal plate model'.



- (i) What ingredients could Lance add to this meal to better fit the 'ideal plate model', AND to improve the fibre and vitamin content of the meal?

- (ii) On page 9, explain the nutritional benefits to Lance and Ella of the added ingredients.

Consider such factors as:

- the effects of specific vitamins and their role in physical well-being
- the method of cooking to retain vitamins
- your own knowledge of the *Food and Nutrition Guidelines* (FNG)
- time and budget constraints.

