

See back cover for an English translation of this cover

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90961M



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

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

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## Ohaoha Kāinga, Kaupae 1, 2016

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

9.30 i te ata o te Rāhina, te 21 o Whiringa-ā-rangi, 2016  
Ngā whiwhinga: E whā

Paetae	Kaiaka	Kairangi
Te whakaatu māramatanga ki ngā awenga o ngā taipitopito tākai ki ā te tangata kōwhiringa kai me tōna orange.	Te whakaatu i te hōhonu o te māramatanga ki ngā awenga o ngā taipitopito tākai ki ā te tangata kōwhiringa kai me tōna orange.	Te whakaatu i te matatau ki ngā awenga o ngā taipitopito tākai ki ā te tangata kōwhiringa kai me tōna orange.

Tirohia mēnā e rite ana te Tau Ākonga ā-Motu (NSN) kei runga i tō puka whakauru ki te tau kei runga i tēnei whārangi.

**Me whakamātau koe i ngā tūmahi KATOĀ kei roto i tēnei pukapuka.**

Tangohia te Pukapuka Rauemi 90961MR mai i te puku o tēnei pukapuka.

ME whakamahi rawa koe i ngā rauemi o te pukapuka rauemi hei whakatutuki i ngā tūmahi.

Mēnā ka hiahia whārangi atu anō mō ō tuhinga, whakamahia ngā whārangi wātea kei muri o tēnei pukapuka.

Tirohia mena e tika ana te raupapatanga o ngā whārangi 2–23 kei roto i tēnei pukapuka, ka mutu, kāore tētahi o aua whārangi i te takoto kau.

**ME HOATU RAWA KOE I TĒNEI PUKAPUKA KI TE KAIWHAKAHAERE Ā TE MUTUNGA O TE WHAKAMĀTAUTAU.**

TE TAPEKE

MĀ TE KAIMĀKA ANAKE

**NGĀ TOHUTOHU**

Pānuitia te **Pukapuka Rauemi 90961MR** me te tūāhua kei raro nei, ka kōrerohia ai ngā āhuatanga o aua tuhinga i a koe e whakaoti ana i te Tūmahi Tuatahi me te Tūmahi Tuarua.

**Te tūāhua ki a Lance**

Tekau mā rima tau te pakeke o Lance, ā, he tuahine tōna, tekau mā toru tau te pakeke, arā, ko Ella. Noho tahi ai a Lance rāua ko Ella ki tō rāua māmā, ki a Nicola, he kaitunu kai, otirā, ka mahi tīpako ia ki tētahi papa kāinga mō te hunga kua rītāia. Kua pāngia a Ella e te Mate Pūmua Pia, arā, tē taea e ia te kai ngā kai whai pūmua pia. He pārekareka te hākinakina ki a Lance rāua tahi ko Ella, he mema rāua tahi nō tētahi karapu kaupapa, ka tākaro pā whutupāoro hoki rāua.

I ia wiki, ka hari a Nicola i a Lance rāua ko Ella ki te hoko i ngā kai mō te wiki, kia ako ai rāua ki te kōwhiri i ngā kai pai, e hāngai ana ki te pūtea kei a rātou.

**TE TŪMAHI TUATAHI: TE MIRAKA TEPE**

Pānuitia te tūāhua kei raro nei, ā, kōrerohia ōna āhuatanga, me ō **Te Rauemi A** kei te whārangi 2, 4, 6, me te 7 o te pukapuka rauemi, i a koe e whakaoti ana i tēnei tūmahi.

Ko tā Lance mahi tuatahi nōna e āwhina ana ki te hoko i ngā kai mō te wiki ko te whiriwhiri i te miraka tepe mō te kāinga, hei purini tere, hei paramanawa hoki i muri i te kura.

He nui ngā mea e ākona ana e Lance e pā ana ki te pānui i ngā tapanga kai i tana karaehe Ohaoha Kāinga i te kura, ā, kua whakaakona ia kia tirohia katoatia ngā taiora o ngā momo kai e whai mōhiotanga ai, e hauora ai hoki ana kōwhiringa. Ka titiro ia ki te wāhi o mua o te tākai o ia momo miraka tepe, ka pānui ai i ngā taipitopito taioranga kei ngā taha, kei muri rānei. Ka titiro hoki ia ki ngā tūāhua whakatairanga i mua i tana whakatau i tana kōwhiringa.

- (a) Whakakīia te ripanga kei raro nei mā te tuhi i te nui o te huka, o te konupūmā, o te pūmua, o te pūngao hoki i ia 100 karamu mō IA momo miraka tepe.

I ia 100 karamu	Uno Smooth Pītiti me te Mango	Fresh'n Fruity Whakaranu Ngahuru	De Winkel Māori, huka kore
Huka			
Konupūmā			
Pūmua			
Pūngao			

- (b) Whakamāramahia ngā take kei roto i tā Uno miraka tepe te pūngao nui katoa.

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**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 3, 5, 8, and 9 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.

<b>Per 100 grams</b>	<b>Uno Smooth Peach Mango</b>	<b>Fresh'n Fruity Autumn Duet</b>	<b>De Winkel Plain Unsweetened</b>
Sugar			
Calcium			
Protein			
Energy			

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

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- (c) Whakamāramahia te āhua o tā ngā āhuatanga taiora, whakatairanga hoki o ngā miraka tepe i te ripanga kei raro nei, whakaawe pea i ā Lance kōwhiringa kai, me ngā take i pērā ai.

Te āhuatanga	Te āhua o tā tēnei āhuatanga whakaawe pea i tā Lance kōwhiringa kai, me ngā take i pērā ai
<p>(i) Tā Uno Mania, Pītiti me te Mango</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>(ii) Tā Fresh'n Fruity</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>(iii) Tā Uno Mania, Pītiti me te Mango</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>(iv) Tā De Winkel</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

- (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/>
<p>(ii) Fresh'n Fruity</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>(iii) Uno Smooth Peach Mango</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>(iv) De Winkel</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

(d) He aha te kōwhiringa miraka tepe pai rawa atu mā Lance rātou ko tōna whānau?

Whakaarohia ngā āhuetanga pēnei i:

- ngā taipitopito taioranga, whakatairanga hoki kei ngā tākai o te miraka tepe kua kōwhiria e koe
- ōu ake mōhiotanga ki te konupūmā, ki te pūmua, ki ngā momo huka hoki.

(e) Matapakihia te āhua o tā te nui o te huka i roto i te momo kai kua kōwhiria e koe whakaawe pea i tā Lance kōwhiringa kai, i te oranga hoki o tōna whānau, me ngā take hoki i pērā ai.

Whakaarohia ngā āhuetanga pēnei i:

- ngā pānga o te kai huka ki te oranga ā-tinana
- ōu ake mōhiotanga ki *Ngā Aratohu Kai me te Tiora* (AKT).

(f) Parahautia tō kōwhiringa kai mā te whakatairite i ōna taipitopito tākai ki ō ērā atu momo miraka tepe e rua.

Whakaarohia ngā āhuetanga pēnei i:

- te rerekē o te nui o te **pūmua**, o te **konupūmā**, o ngā **huaora āpiti** hoki i ngā momo miraka tepe, me ngā pānga o ērā ki te oranga ā-tinana
- ngā tiora ka hāpai i te ora ā-kōiwi
- ōu ake mōhiotanga ki *Ngā Aratohu Kai me te Tiora* (AKT)
- te tūāhua ki a Lance rātou ko tōna whānau.

### TE WHAKAMAHERE (HE KŌWHIRINGA)



(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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(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.

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**PLANNING (OPTIONAL)**






### TE TŪMAHI TUARUA: NGĀ KAI WHAKATAO-KA-KAI

Pānuitia te tūāhua kei raro nei, ā, kōrerohia ōna āhuatanga, me ō **Te Rauemi B** kei te whārangi 10 me te whārangi 11 o te pukapuka rauemi, i a koe e whakaoti ana i tēnei tūmahi.

Hei ngā Pōtū, ka hoki tōmuri mai a Lance rāua ko Ella i te karapu kaipara. Kei te mahi tonu tō rāua māmā, nō reira kāore ia i te kāinga ki te tunu i te tina, heoi, ka tukuna rāua e ia kia kai i tētahi kai whakatao-ka-kai, tē tonu ō rangaranga ai.  
Ka kōwhiri a Lance rāua tahi ko Ella i te Heiheī Tairana me te raihi tāhungahunga mā.

- (a) Whakamāramahia te āhua o tā ngā āhuatanga taiora, whakatairanga hoki o te kai whakatao-ka-kai Heiheī Tairana i te ripanga kei raro nei, whakaawe pea i tā Lance rāua ko Ella kōwhiringa kai, me ngā take i pērā ai.

Te āhuratanga	Te āhua o tā tēnei āhuratanga whakaawe pea i tā Lance rāua ko Ella kōwhiringa kai, ME ngā take i pērā ai.
<p>(i)</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>(ii)</p>  <p>PŪMUA PIA KORE!</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

**QUESTION TWO: HEAT-AND-EAT MEALS**

Read the scenario below, and refer to it, as well as **Resource B** on pages 12 and 13 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/>

<p>(iii)</p> <p>HE KAI WHAKAURU MĀORI, HE TĀROKI KORE HOKI</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>(iv)</p> <p>I AHU TŌTIKA MAI I TE PAKI O TE MATAU-A-MĀUI</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

(b) (i) He pēhea te nui o te kaka ā-kai kei roto i ia tohanga o tēnei kai?

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(ii) He aha te wāhinga kaka ā-kai, ā-ōrau nei, mō ia rā, kei roto i ia tohanga o tēnei kai?

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(iii) Whakamāramahia ngā take e whai tikanga ai te nui o te kaka ā-kai ka kainga e Lance rāua ko Ella i ia rā.

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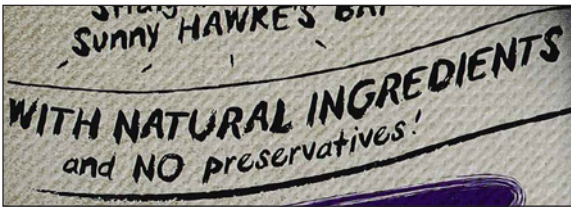
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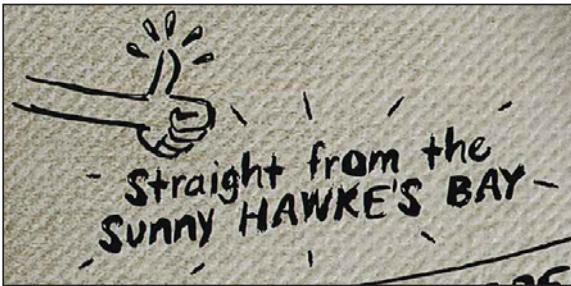
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(iii)



(iv)



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

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

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

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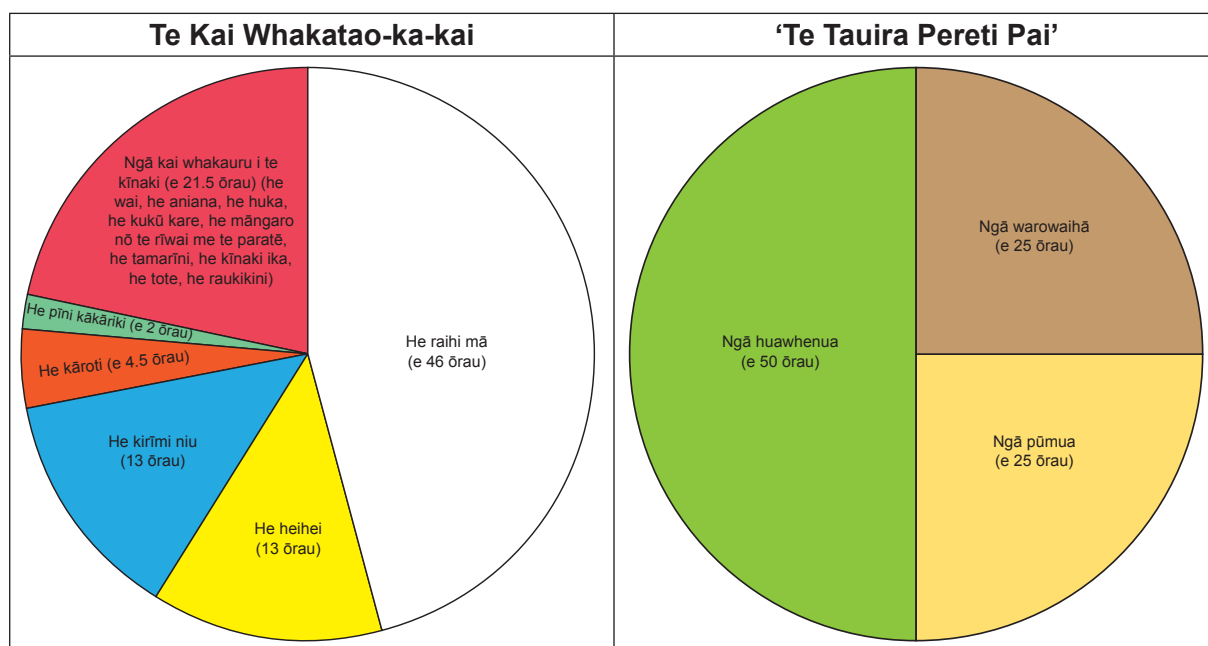


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- (c) Ko tētahi wāhanga o ngā mahi kāinga Ohaoha Kāinga a Lance, ko te whakatairite i tana kai whakatao-ka-kai ki te 'tauirā pereti pai'.



- (i) He aha ngā kai whakauru hei āpiti atu pea mā Lance ki tēnei kai kia hāngai ake ai ki te 'tauirā pereti pai', hei whakapai ake HOKI i te nui o te kaka ā-kai me te huaora i te kai?

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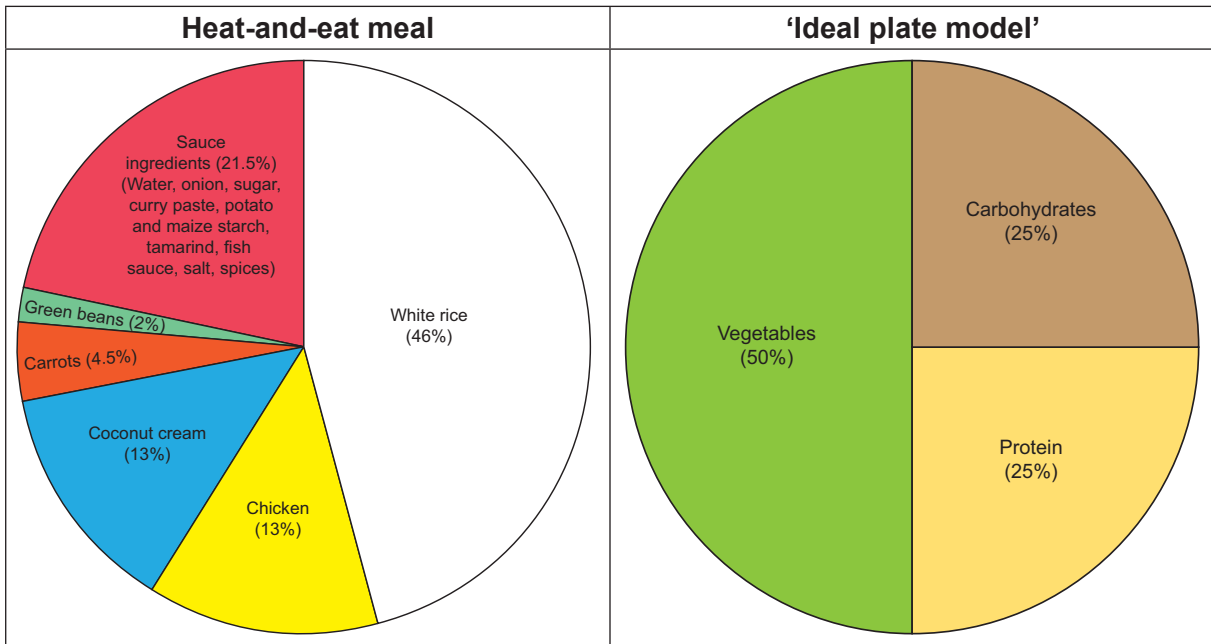
- (ii) I te whārangi 15, whakamāramahia ngā painga ā-taioranga o ngā kai whakauru kua āpitihia, ki a Lance rāua ko Ella.

Whakaarohia ngā āhuatanga pēnei i:

- ngā pānga o ngā huaora tauwhāiti me te whai wāhitanga o ērā ki te oranga ā-tinana
- te huarahi tunu e mau tonu ai ngā huaora
- ōu ake mōhiotanga ki *Ngā Aratohu Kai me te Taiora* (AKT)
- ngā here ā-wā, ā-tahua pūtea hoki.



(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?

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(ii) On page 17, 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.

















*English translation of the wording on the front cover*

## **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

90961M

<b>Achievement</b>	<b>Achievement with Merit</b>	<b>Achievement with Excellence</b>
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 2–23 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.**