

See back cover for an English translation of this cover

1

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, 2016

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

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

TE PUKAPUKA RAUEMI

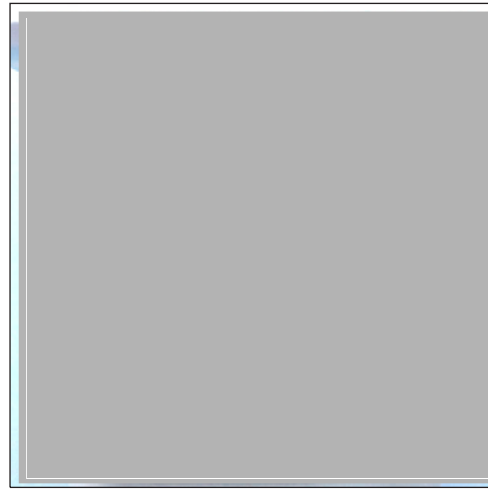
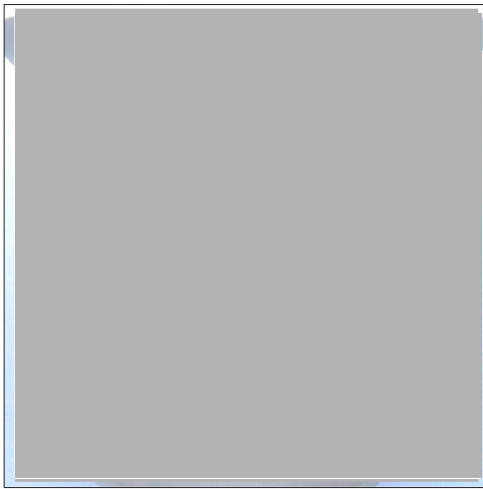
Tirohia tēnei pukapuka hei whakatutuki i ngā tūmahi mō te whakamātautau Ohaoha Kāinga 90961M.

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.

Te Rauemi A: Te miraka tepe

Uno™ Mania , Pītiti me te Mango



NGĀ TAIPITOPITO TAIORANGA (Toharite)

Te nui o te tohanga: 150 karamu

Ngā tohanga kei ia ipu: 1

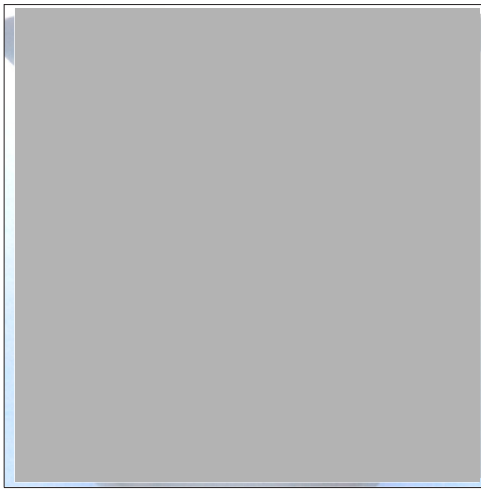
Te Taiora	Te taioranga i ia tohanga	Te taioranga i ia 100 karamu
Te Pūngao	610 kiropūngao (kj)	407 kiropūngao (kj)
Te Pūmua	6.2 karamu (g)	4.1 karamu (g)
Te tapeke o te Ngako	2.9 karamu (g)	1.9 karamu (g)
– Te ngako totoka	1.7 karamu (g)	1.2 karamu (g)
Te Warowaihā	23.3 karamu (g)	15.6 karamu (g)
– Ngā Huka	18.3 karamu (g)	12.2 karamu (g)
Te Konutai	51 koma haumano (mg)	34 koma haumano (mg)
Te Konupūmā	180 koma haumano (mg) (26% o te taumata kai ā-rā)	120 koma haumano (mg)

Ngā kai whakauru: He miraka waiwai, he kirīmi, he huka, he pē pītiti (3 %) (hanga hou), he pē mango (2.5 %) (hanga hou), he whakaete (1422, 1442), he tetepē, he tāwara māori, he whakarite waikawa (330), he kara māori (wāhi annatto), he tāroki (202), he kohuke (rino, konutea), ngā huaora (B₅, folate me te D), he maremaretai ora (tae atu ki te *L. acidophilus* me te *B. lactis*).

He miraka kei roto.

Resource A: Yoghurt

Uno™ Smooth Peach Mango



NUTRITION INFORMATION (Average)

Serving size: 150 g

Servings per package: 1

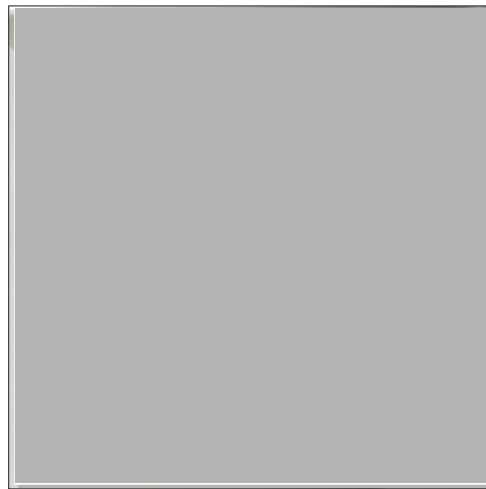
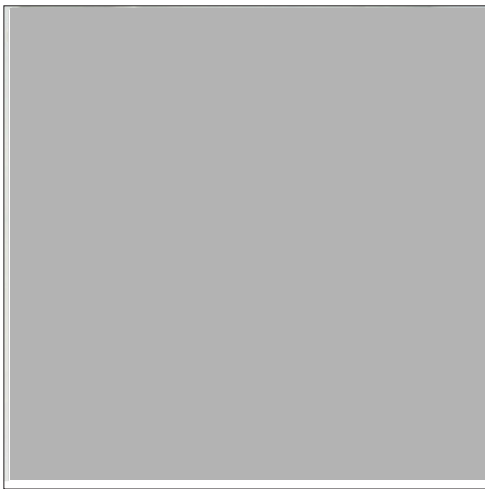
Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	610 kJ	407 kJ
Protein	6.2 g	4.1 g
Fat, Total	2.9 g	1.9 g
– Saturated	1.7 g	1.2 g
Carbohydrate	23.3 g	15.6 g
– Sugars	18.3 g	12.2 g
Sodium	51 mg	34 mg
Calcium	180 mg (26 % RDI)	120 mg

Ingredients: Skim milk, cream, sugar, peach puree (3 %) (reconstituted), mango puree (2.5 %) (reconstituted), thickener (1422, 1442), halal gelatine, natural flavours, acidity regulator (330), natural colour (annatto extracts), preservative (202), minerals (iron, zinc), vitamins (B₅, folate & D), live cultures (including *L. acidophilus* and *B. lactis*).

Contains milk.

Te Rauemi A (e rere tonu ana): Te miraka tepe

Fresh'n Fruity™ Whakaranu Ngahuru



NGĀ TAIPITOPITO TAIORANGA (Toharite)

Te nui o te tohanga: 150 karamu

Ngā tohanga kei ia ipu: 1

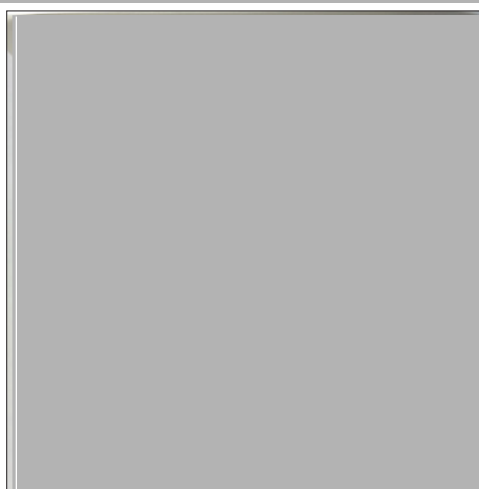
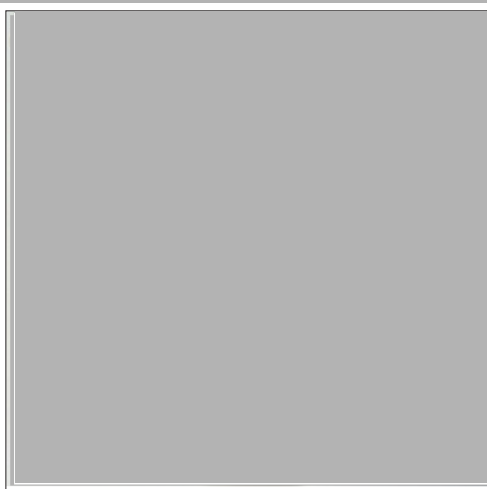
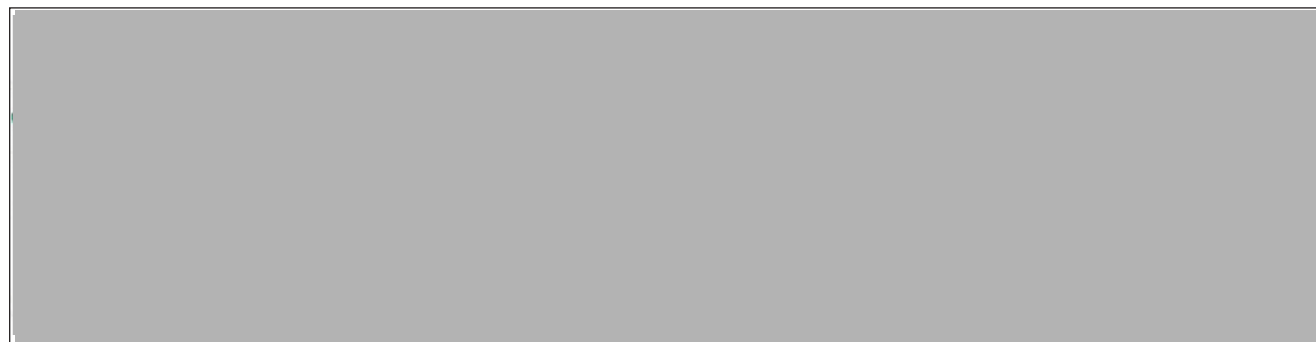
Te Taiora	Te taioranga i ia tohanga	Te taioranga i ia 100 karamu
Te Pūngao	584 kiropūngao (kJ)	389 kiropūngao (kJ)
Te Pūmua	6.2 karamu (g)	4.1 karamu (g)
Te tapeke o te Ngako	3.7 karamu (g)	2.5 karamu (g)
– Te ngako totoka	2.2 karamu (g)	1.5 karamu (g)
Te Warowaihā	19.9 karamu (g)	13.3 karamu (g)
– Ngā Huka	17.4 karamu (g)	11.6 karamu (g)
Te Konutai	50 koma haumano (mg)	33 koma haumano (mg)
Te Konupūmā	275 koma haumano (mg) (34 % o te taumata kai ā-rā)	183 koma haumano (mg)

Ngā kai whakauru: he miraka waiwai, he huka, he kirīmi, he pea (5 %), he rāhipere (2 %), he whakaete (1422, 1442, 415), he tetepē, he kohuke (te konupūmā), he tāwara, he whakarite waikawa (332), he matū whakamārō (509), he tāroki (202), ngā huaora (A me D), he maremaretai ora (tae atu ki te *acidophilus* me te *bifidus*).

He miraka kei roto.

Resource A (continued): Yoghurt

Fresh'n Fruity™ Autumn Duet



NUTRITION INFORMATION (Average)

Serving size: 150 g

Servings per package: 1

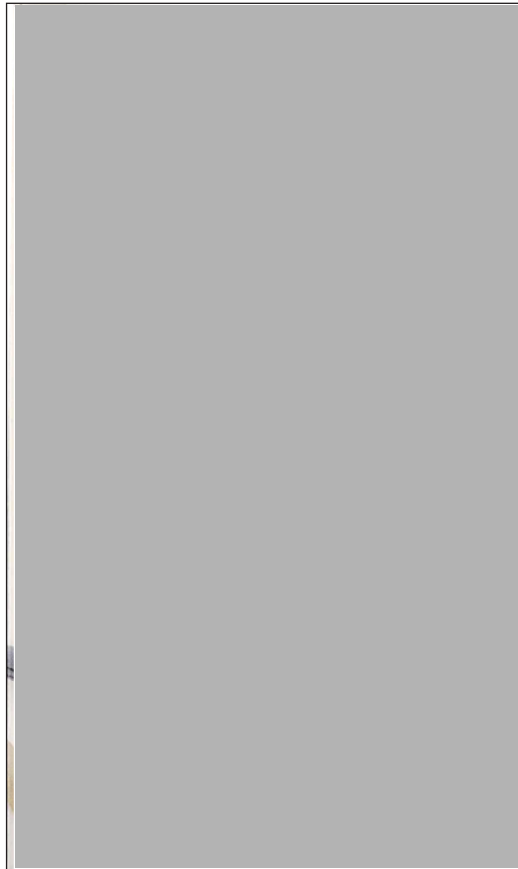
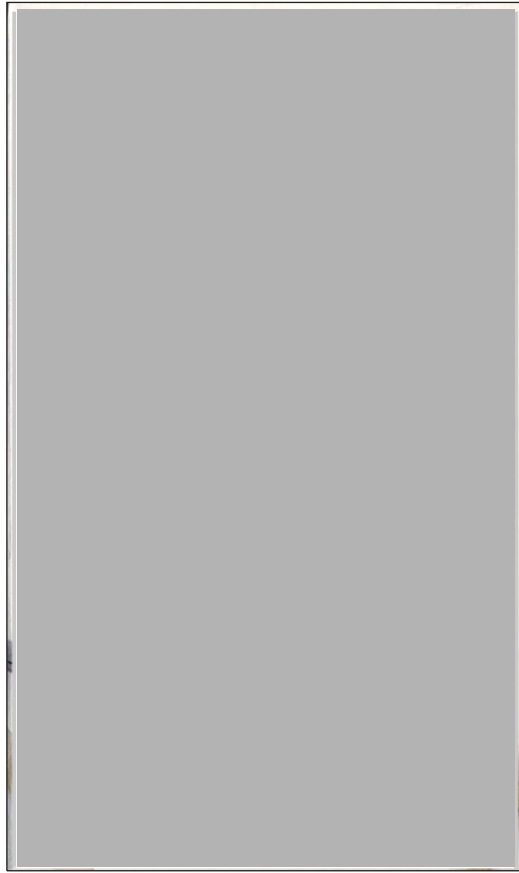
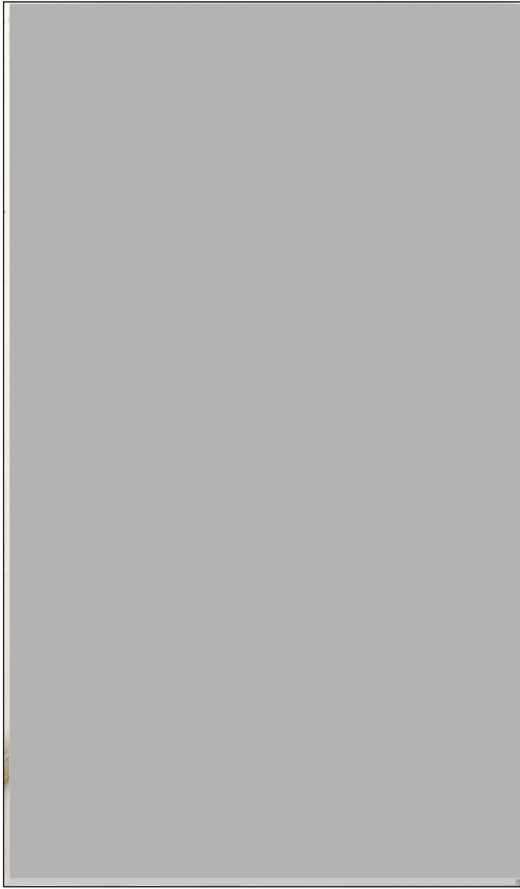
Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	584 kJ	389 kJ
Protein	6.2 g	4.1 g
Fat, Total	3.7 g	2.5 g
– Saturated	2.2 g	1.5 g
Carbohydrate	19.9 g	13.3 g
– Sugars	17.4 g	11.6 g
Sodium	50 mg	33 mg
Calcium	275 mg (34 % RDI)	183 mg

Ingredients: Skim milk, sugar, cream, pear (5 %), raspberry (2 %), thickeners (1422, 1442, 415), halal gelatine, mineral (calcium), flavour, acidity regulator (332), firming agent (509), preservative (202), vitamins (A, D), live cultures (including *acidophilus* and *bifidus*).

Contains milk.

Te Rauemi A (e rere tonu ana): Te miraka tepe

De Winkel™ Māori me te Huka Kore

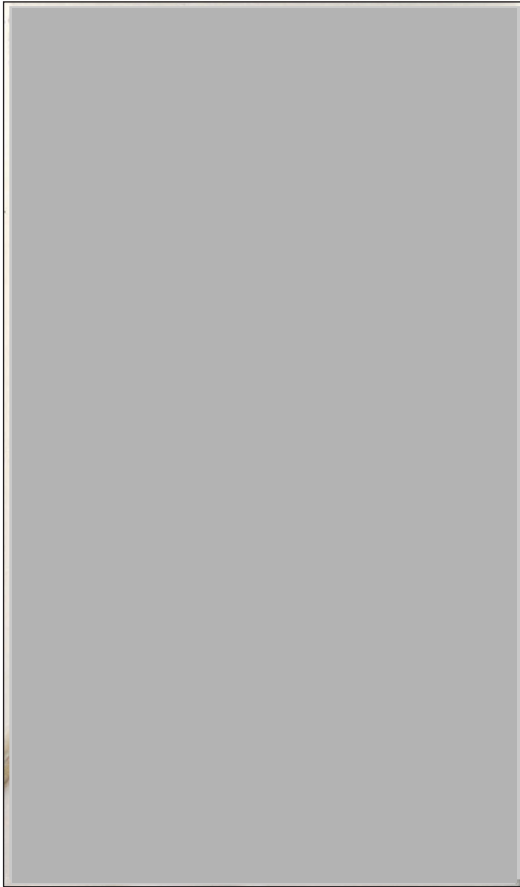


Te Rauemi A (e rere tonu ana): Te miraka tepe

De Winkel™ Māori me te Huka Kore		
NGĀ TAIPITOPITO TAIORANGA (Toharite)		
Te nui o te tohanga: 150 karamu		Ngā tohanga kei ia ipu: 4
Te Taiora	Te taioranga i ia tohanga	Te taioranga i ia 100 karamu
Te Pūngao	260 kiropūngao (kJ)	173 kiropūngao (kJ)
Te tapeke o te Pūmua – Te pūmua pia	8.4 karamu (g) 0 koma haumano (mg)	5.6 karamu (g) 0 koma haumano (mg)
Te tapeke o te Ngako – Te ngako totoka	2.1 karamu (g) 1.3 karamu (g)	1.4 karamu (g) 0.8 karamu (g)
Te Warowaihā – Ngā huka	1.1 karamu (g) 1.1 karamu (g)	0.8 karamu (g) 0.8 karamu (g)
Te Konutai	74 koma haumano (mg)	50 koma haumano (mg)
Te Konupūmā	232 koma haumano (mg) (29 % o te taumata kai ā-rā)	155 koma haumano (mg)
<p>Ngā kai whakauru: He miraka waiwai, he kirīmi, he miraka totoka, he maremaretai (tae atu ki te <i>Lactobacillus Acidophilus</i>).</p> <p>He miraka kei roto.</p>		

Resource A (continued): Yoghurt

De Winkel™ All Natural Plain Unsweetened

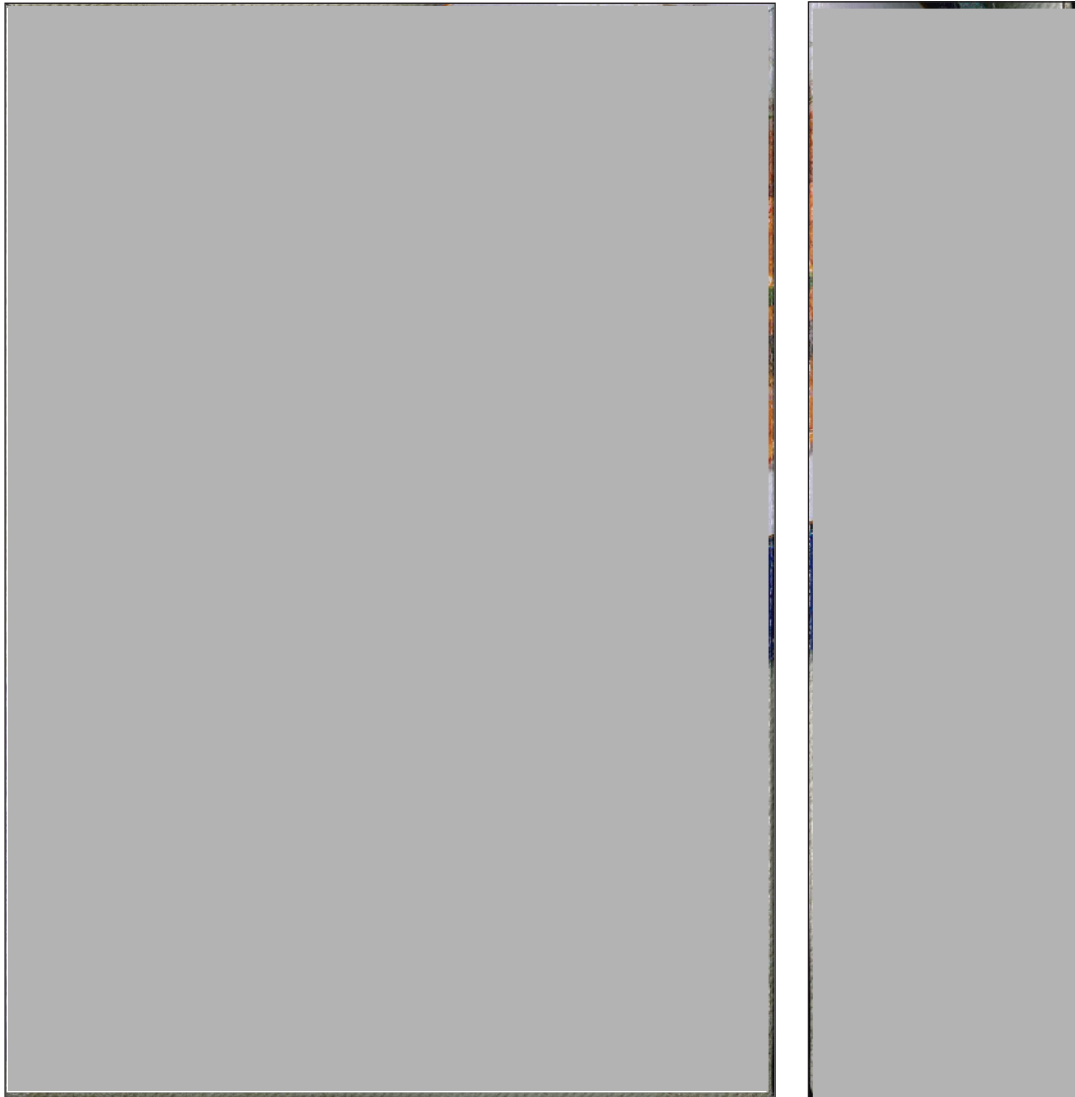


Resource A (continued): Yoghurt

De Winkel™ All Natural Plain Unsweetened		
NUTRITION INFORMATION (Average)		
Serving size: 150 g		Servings per package: 4
Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	260 kJ	173 kJ
Protein, Total	8.4 g	5.6 g
– Gluten	0 mg	0 mg
Fat, Total	2.1 g	1.4 g
– Saturated	1.3 g	0.8 g
Carbohydrate	1.1 g	0.8 g
– Sugars	1.1 g	0.8 g
Sodium	74 mg	50 mg
Calcium	232 mg (29 % RDI)	155 mg
Ingredients: Skim milk, cream, milk solids, cultures (including <i>Lactobacillus Acidophilus</i>).		
Contains milk.		

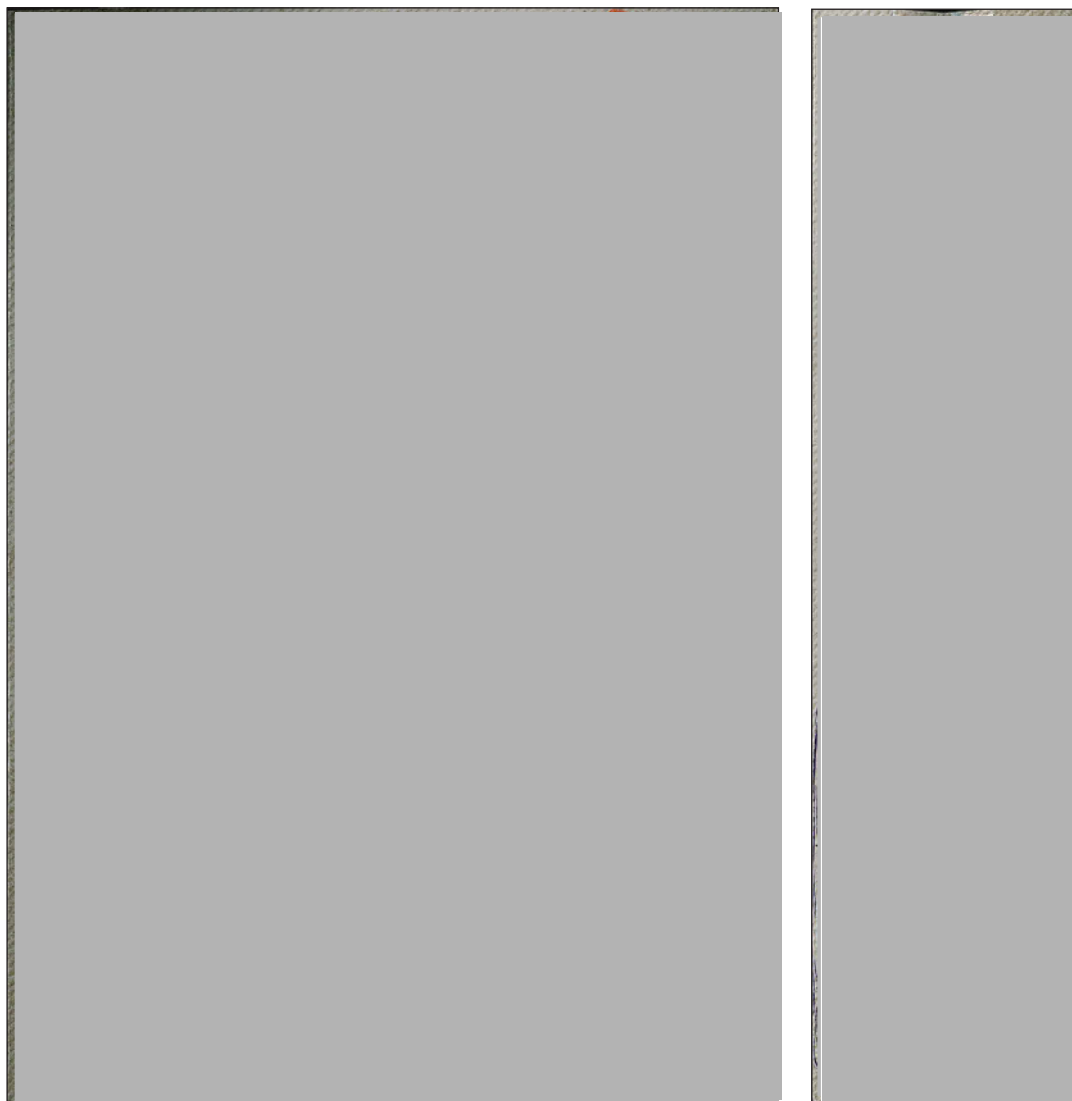
Te Rauemi B: Ngā kai whakatao-ka-kai

Tā Kaweka Food Co. Heihei Tairana



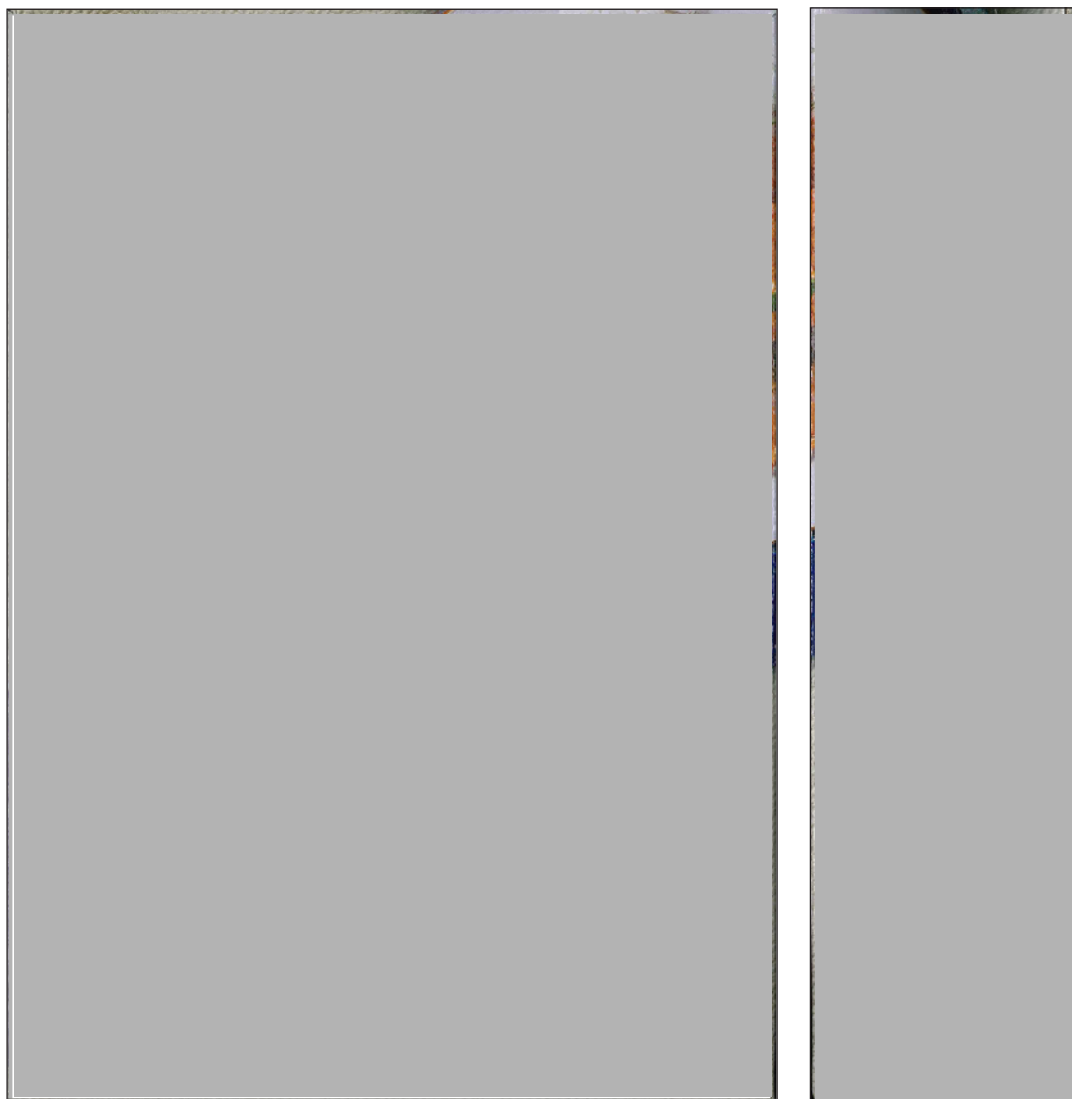
NGĀ TAIPITOPITO TAIORANGA (Toharite)

Te nui o te tohanga: 350 karamu		Ngā tohanga kei ia pākete : 1	
Te Taiora	Te taioranga i ia tohanga	Te taioranga i ia 100 karamu	
Te Pūngao	1 850 kiropūngao (kJ)	527 kiropūngao (kJ)	
Te Pūmua	17.5 karamu (g)	5.0 karamu (g)	
– Te pūmua pia	0 karamu (g)	0 karamu (g)	
Te tapeke o te Ngako	14.3 karamu (g)	4.1 karamu (g)	
– Te ngako totoka	10.7 karamu (g)	3.1 karamu (g)	
Te Warowaihā	62.3 karamu (g)	17.8 karamu (g)	
– Ngā huka	10.7 karamu (g)	3.1 karamu (g)	
Te Kaka ā-kai	2.9 karamu (g)	< 1 karamu (g)	
– Ngā huka			
Te Konutai	668 koma haumano (mg)	191 koma haumano (mg)	

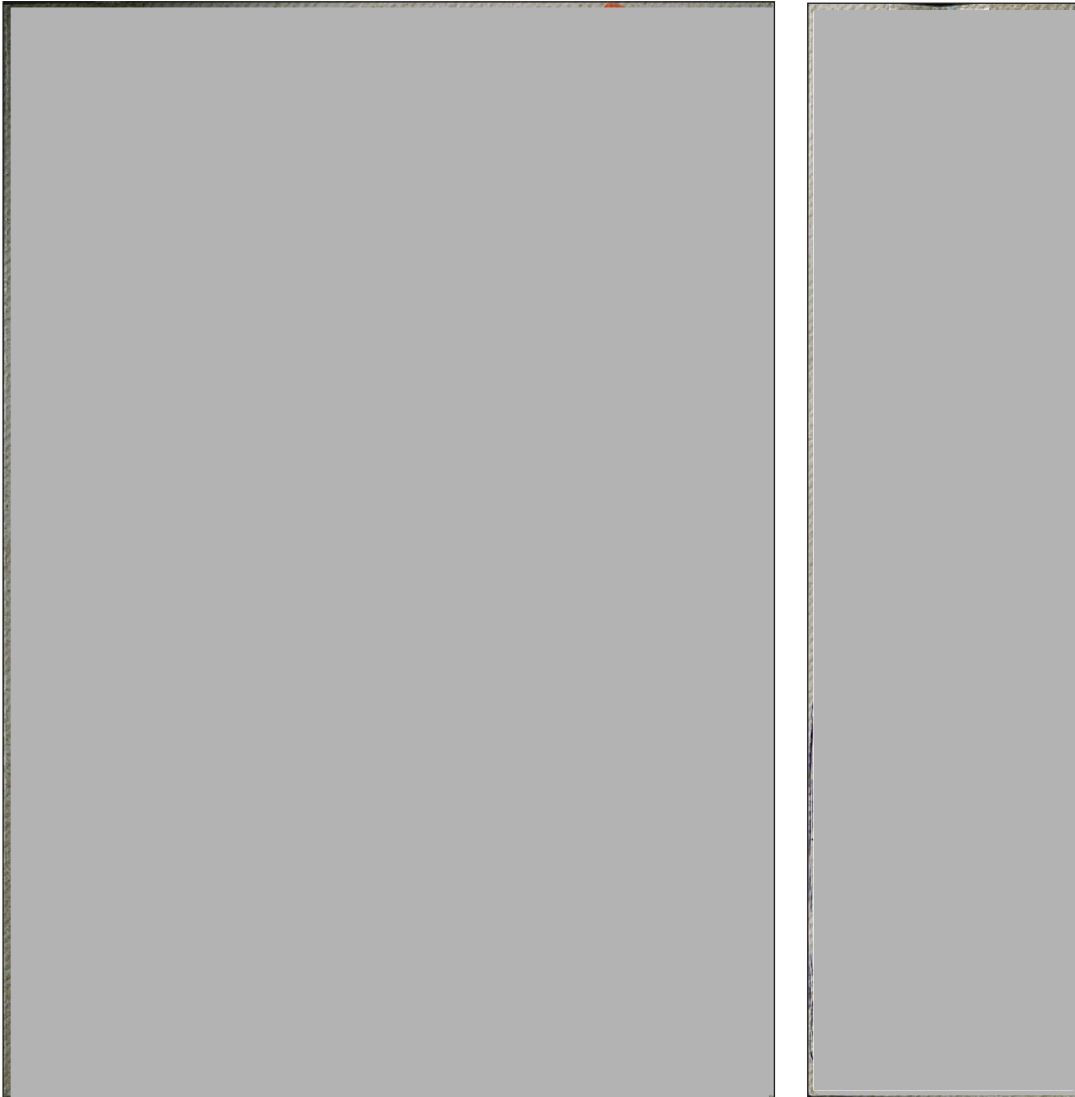
Te Rauemi B (e rere tonu ana): Ngā kai whakatao-ka-kai**Tā Kaweka Food Co. Heihei Tairana**

Ngā kai whakauru: He heihei tairana (54 %): he kirīmi niu (13 %), he heihei (13 %), he wai, he hua whenua (he kāroti(4.5 %), he aniana, he pīni kākāriki (2%)), he huka, he kukū kare, he māngaro (nō te rīwai me te paratē), he tamarīni, he kīnaki ika, he tote, he raukikini, me te raihi maoa (46 %).

He ika kei roto.

Resource B: Heat-and-eat meals**The Kaweka Food Co. Thai Chicken****NUTRITION INFORMATION (Average)**

Serving size: 350 g		Servings per package: 1	
Nutrient	Nutrition per serve	Nutrition per 100 g	
Energy	1 850 kJ	527 kJ	
Protein	17.5 g	5.0 g	
– Gluten	0 g	0 g	
Fat, Total	14.3 g	4.1 g	
– Saturated	10.7 g	3.1 g	
Carbohydrate	62.3 g	17.8 g	
– Sugars	10.7 g	3.1 g	
Dietary Fibre	2.9 g	< 1 g	
– Sugars			
Sodium	668 mg	191 mg	

Resource B (continued): Heat-and-eat meals**The Kaweka Food Co. Thai Chicken**

Ingredients: Thai chicken (54 %): coconut cream (13 %), chicken (13 %), water, vegetables (carrot (4.5 %), onion, green beans (2%)), sugar, curry paste, starch (potato and maize), tamarind, fish sauce, salt, spices, and cooked rice (46 %).

Contains fish.

He mihi

Kua panonitia ētahi pārongo mai i ngā tākai kai e whai ake nei hei whakamahinga i tēnei whakamātautau.

Te Rauemi A:

Fonterra Brands (New Zealand) Ltd., Tāmaki makaurau, Aotearoa.

Te Rauemi B:

The Kaweka Food Co., Heretaunga, Aotearoa.

Acknowledgements

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

Resource A:

Fonterra Brands (New Zealand) Ltd., Auckland, New Zealand.

Resource B:

The Kaweka Food Co., Hastings, New Zealand.

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

RESOURCE BOOKLET

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

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.