

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, 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

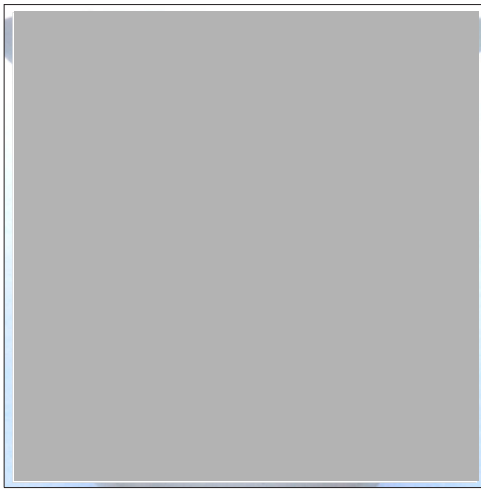
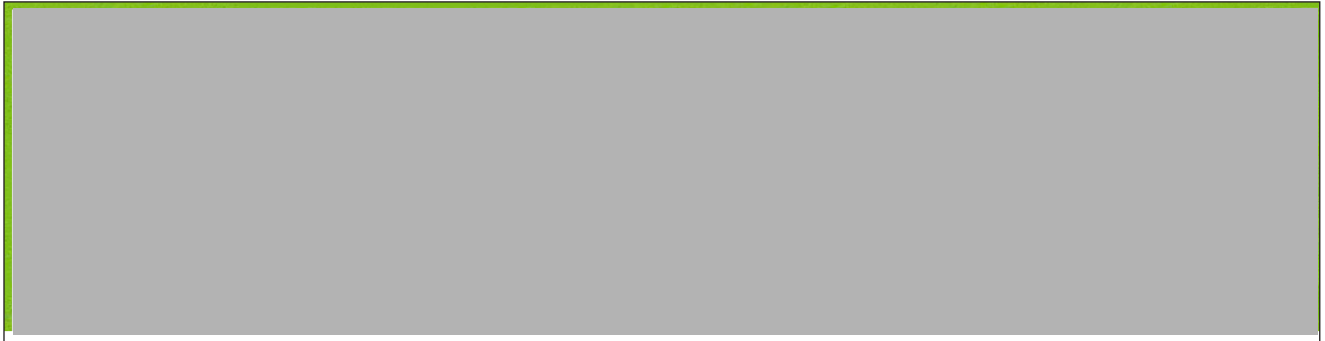
Refer to this booklet to answer the questions for Home Economics 90961.

Check that this booklet has pages 2–8 in the correct order and that none of these pages is blank.

YOU MAY KEEP THIS BOOKLET AT THE END OF THE EXAMINATION.

Resource A: Yoghurt

Uno™ Smooth Peach Mango



NUTRITION INFORMATION (Average)

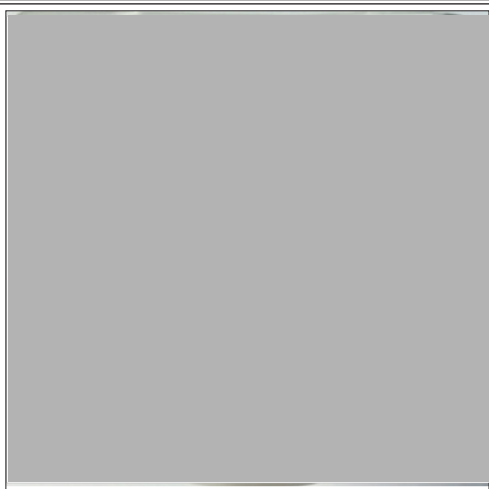
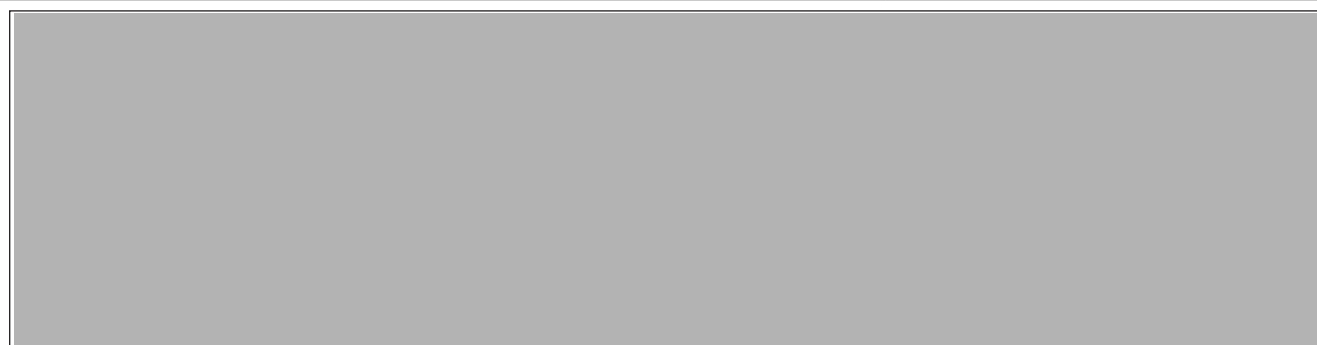
Serving size: 150 g

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.

Resource A (continued): Yoghurt**Fresh'n Fruity™ Autumn Duet****NUTRITION INFORMATION (Average)**

Serving size: 150 g

Servings per package: 1

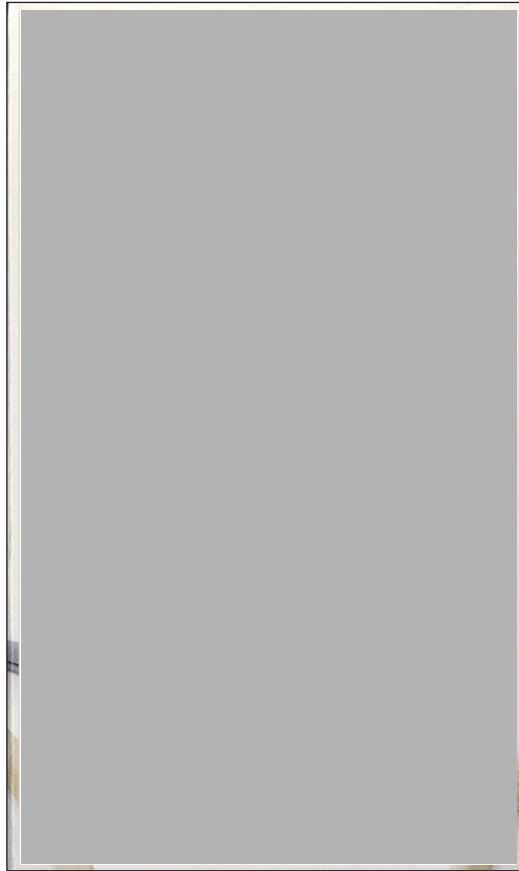
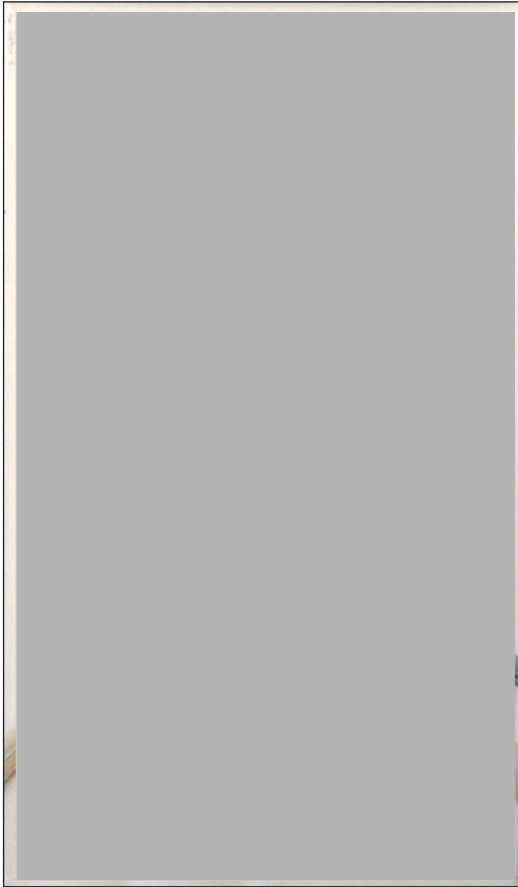
Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	584 kJ	389 kJ
Protein	6.2 g	4.1 g
Fat, Total	3.7 g	2.5 g
– Saturated	2.2 g	1.5 g
Carbohydrate	19.9 g	13.3 g
– Sugars	17.4 g	11.6 g
Sodium	50 mg	33 mg
Calcium	275 mg (34 % RDI)	183 mg

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.

Resource A (continued): Yoghurt

De Winkel™ All Natural Plain Unsweetened

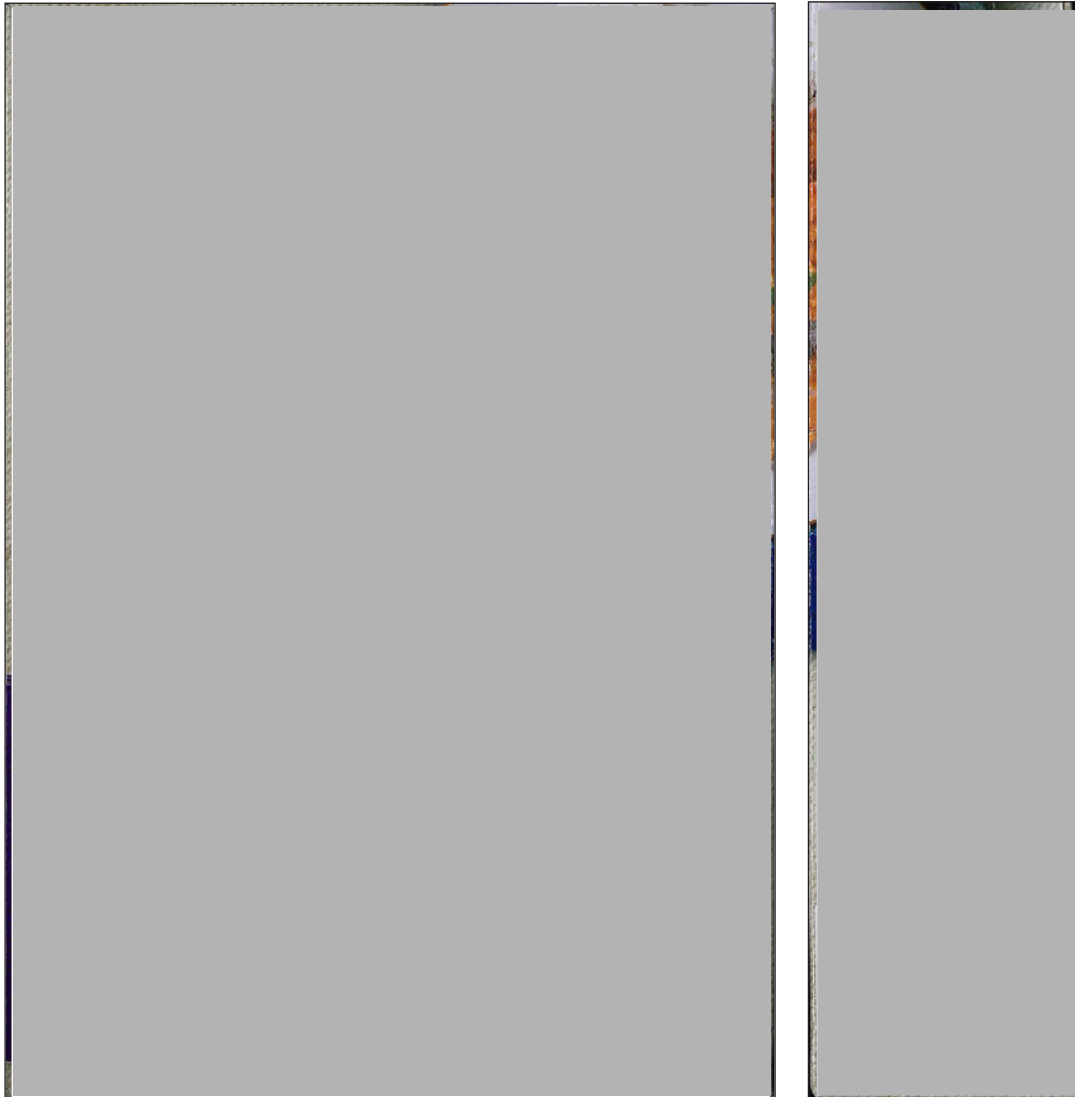


Resource A (continued): Yoghurt

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.		

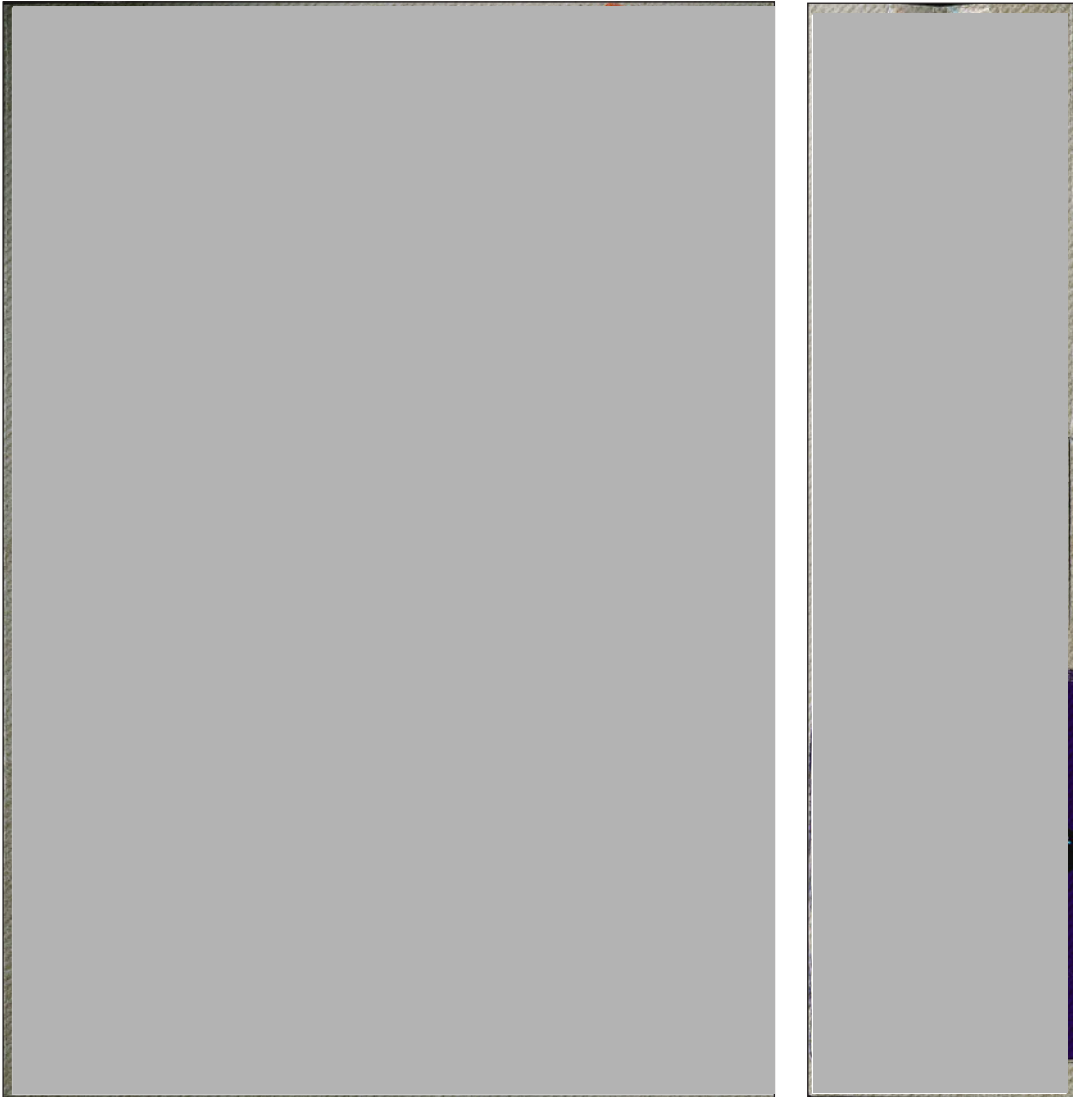
Resource B: Heat-and-eat meals

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.

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.