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90961



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Level 1 Home Economics, 2017

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

2.00 p.m. Tuesday 21 November 2017
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.

Tahlia's Scenario

Tahlia is a Year 11 student, and plays netball. Her brother Jake is in Year 13, and plays in a football (soccer) team, for their college.

Tahlia takes Home Economics as a subject at school and is learning about reading food labels and making nutritious food choices. Tahlia and Jake's parents both play sports and are careful with the food choices they make.

None of the family has a food allergy.




QUESTION ONE: SNACK BARS

Read the scenario below, and refer to it, as well as **Resource A** on pages 2–7 of the resource booklet, when answering this question.

Tahlia is looking at suitable snack bars for her and her sporty family to eat before games and sports practices.

She looks at the front of the packaging on each product, then reads the nutrition information on the side or back panel, and checks out the promotional and nutritional features before making a choice.

- (a) Explain how and why the nutritional and promotional features from the snack bars in the table on the following page, could influence Tahlia's food choice.

Feature	Explain how and why this feature could influence Tahlia's food choice
<p>(i) Tasti Made Simple Wholefood Bars</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>(ii) Mother Earth Fruit Sticks</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>(iii) Mother Earth Fruit Sticks</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

(b) Tahlia has been taught in her Home Economics class to consider all of the nutrients in food products to make an informed choice. She has decided the Nice & Natural Protein Nut Bars are the better choice of snack bar.

- (i) **Write** the amount of total fat, sugar, and fibre (per 100g) for EACH snack bar in the chart below.

Note: The amounts of protein have been entered for you.

- (ii) **Underline** the ingredients that contain fat for EACH snack bar's ingredients list in the chart below.

- (iii) **Circle** the ingredients that contribute to the sugar content for EACH snack bar's ingredients list in the chart below.

Per 100 grams	Tasti Made Simple Wholefood Bars	Nice & Natural Protein Nut Bars	Mother Earth Fruit Sticks
Protein	7.7 g	25.5 g	4.5 g
Total fat			
Sugar			
Fibre			
Ingredients	Dates, roasted cashews, cocoa powder, coconut, natural coconut flavour.	Peanuts, soy protein crisps [soy protein isolate, tapioca starch, soy lecithin, salt], glucose syrup, chicory fibre, superseeds [sunflower seeds, pumpkin seeds, chia seeds], dried cranberries, dried goji berries, sunflower oil, quinoa crisps, glycerine, natural flavour, citric acid, soy lecithin, caramelised sugar syrup, stevia.	Wheat flour, raspberry filling [fruit: concentrated apple puree, raspberry puree], glucose syrup, humectant [glycerol], sugar, gelling agent [pectin], wheat fibre, firming agent [calcium lactate], natural flavour, acidity regulator [citric acid], fruit and vegetable concentrates [black carrot, blackcurrant], maltodextrin, golden syrup, invert sugar, brown sugar, sugar, desiccated coconut, [coconut, colour stabiliser: 223, (sulphites)], dietary fibre [inulin], raising agents (450, 500), butter [cream (milk), salt], sunflower oil, emulsifier (471), natural flavour, salt, wheat bran, wheatgerm, natural colour [annatto].

(c) The Nice & Natural Protein Nut Bars contain the most protein.

(i) Explain why having enough protein is important for Tahlia and her family.

(ii) Justify HOW and WHY the Nice & Natural Protein Nut Bars are the best choice for Tahlia and her family members to eat before games and sports practice.

Consider factors such as:

- the effect of eating fat and sugar on physical well-being
- your own knowledge of the *Food and Nutrition Guidelines* (FNGs) for active teenagers.

PLANNING


Part (c) (ii) continues on the next page

QUESTION TWO: KILLER SAUCE FOR SPAG BOL

Read the scenario below, and refer to it, as well as **Resource B** on pages 8 and 9 of the resource booklet, when answering this question.

Tahlia, Jake, and their parents want a quick meal to cook so they can attend sports practices. Tahlia's mum has brought home "Killer Sauce for Spag Bol" for them to use. They already have dried spaghetti in the cupboard.

- (a) Explain how and why the promotional features from the Killer Sauce for Spag Bol in the table below, and on the following page, could influence their mum to buy it.

Feature	Explain how and why this promotional feature could influence Tahlia and Jake's mum to buy the Killer Sauce for Spag Bol
<p>(i)</p> <div data-bbox="316 761 632 1057" style="text-align: center;">  </div>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>(ii)</p> <div data-bbox="300 1462 727 2089" style="text-align: center;">  </div>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

(iii)

FEEDS 4 HUNGRY MOUTHS

(b) According to the *Food and Nutrition Guidelines*, the amount of meat suggested is too much for Tahlia's family's well-being.

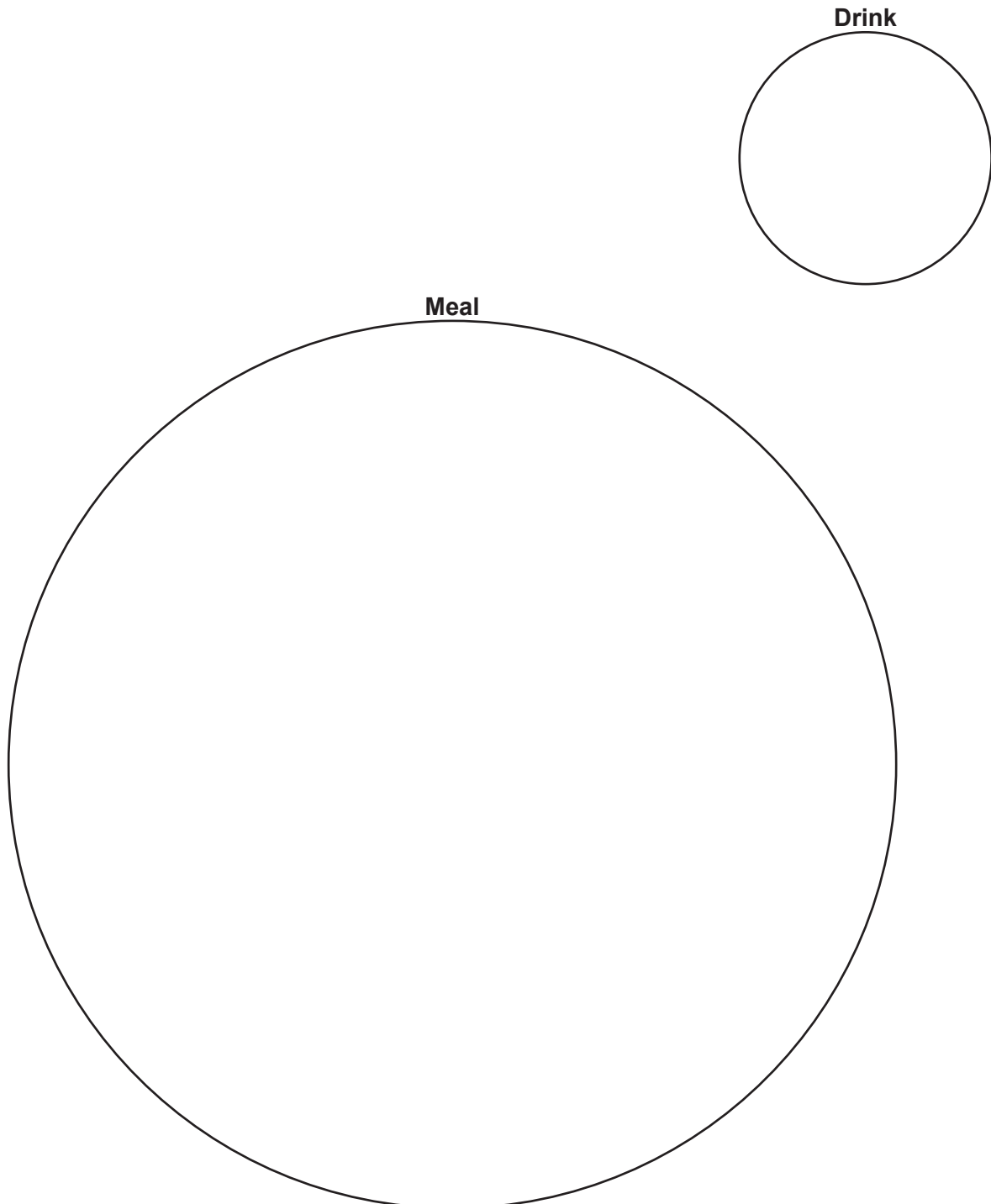
(i) Tick the total amount of beef mince that is most appropriate for a meal intended to meet the needs of a family of four.

Amount of beef mince	Tick <input checked="" type="checkbox"/> ONE
700 g	<input type="checkbox"/>
500 g	<input type="checkbox"/>
300 g	<input type="checkbox"/>
200 g	<input type="checkbox"/>

(ii) Red meat is a good source of iron.

Describe the effect of eating enough iron on Tahlia's and Jake's physical well-being.

- (c) Tahlia is making the Killer Sauce for Spag Bol meal for her family. Her mum has told her to use mince and spaghetti as a base for the meal, and to choose other ingredients to complete the meal. The meal needs to have a wide range of nutrients and be quick to make.
- (i) Draw and label the complete meal as an 'ideal plate model' below, indicating the portion sizes of the ingredients, as well as identifying an appropriate drink.



Part (c) (ii) continues on the next page

(ii) Justify your chosen meal by explaining the benefits of the **additional food** you have placed on the plate, and your choice of **drink**.

Consider factors such as:

- your own knowledge of the *Food and Nutrition Guidelines* (FNGs)
- preparation and cooking time
- additional nutrients and their contribution to the physical well-being of Tahlia's family.

PLANNING

**Extra space if required.
Write the question part(s) if applicable.**

**QUESTION
PART**

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