

90961R



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD  
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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

#### RESOURCE BOOKLET

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

Check that this booklet has pages 2–10 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: Snack Bars**

**Tasti™ Made Simple Wholefood Bars Lamington**



**Resource A (continued): Snack Bars**

<b>Tasti™ Made Simple Wholefood Bars Lamington</b>		
<b>NUTRITION INFORMATION (Average)</b>		
<b>Serving size:</b> 30 g (1 bar)		<b>Servings per package:</b> 5
<b>Nutrient</b>	<b>Nutrition per serve</b>	<b>Nutrition per 100 g</b>
Energy	513 kJ	1710 kJ
Protein	2.3 g	7.7 g
Fat, Total	4.4 g	14.7 g
– Saturated	1.7 g	5.6 g
Carbohydrate	18.4 g	61.3 g
– Sugars	14.0 g	46.6 g
Dietary Fibre, Total	2.7 g	8.8 g
Sodium	3 mg	10 mg
<p>Ingredients: Dates (63 %), roasted cashews (23 %), cocoa powder (10 %), coconut (5 %), and a hint of natural coconut flavour.</p> <p><b>Contains tree nuts.</b></p> <p><b>Manufactured in a facility which also processes gluten containing cereals, milk solids, egg, sesame seeds, peanuts, soy, and sulphites.</b></p>		

**Resource A (continued): Snack Bars**

**Nice & Natural™ Protein Nut Bars Cranberry, Goji Berry, & Quinoa**



**Resource A (continued): Snack Bars**

<b>Nice &amp; Natural™ Protein Nut Bars Cranberry, Goji Berry, &amp; Quinoa</b>		
<b>NUTRITION INFORMATION (Average)</b>		
<b>Serving size:</b> 33 g (1 bar)		<b>Servings per package:</b> 5
<b>Nutrient</b>	<b>Nutrition per serve</b>	<b>Nutrition per 100 g</b>
Energy	680 kJ	2060 kJ
Protein	8.4 g	25.5 g
Fat, Total	11.3 g	34.3 g
– Saturated	1.9 g	5.8 g
Carbohydrate, total	7.0 g	21.1 g
– Sugars	2.2 g	6.6 g
Dietary Fibre	4.2 g	12.9 g
Sodium	45 mg	135 mg
<p><b>Ingredients:</b> Peanuts (54 %), soy protein crisps [soy protein isolate, tapioca starch, soy lecithin, salt], glucose syrup, chicory fibre, superseeds (5 %) [sunflower seeds (3 %), pumpkin seeds (1.5 %), chia seeds (0.5 %)], dried cranberries (2.5 %), dried goji berries (2 %), sunflower oil, quinoa crisps (1 %), glycerine, natural flavour, citric acid, soy lecithin, caramelised sugar syrup, stevia.</p> <p><b>Contains soy and peanuts.</b></p> <p><b>Processed on equipment which also processes cereals containing gluten, tree nuts, milk, sesame seeds, and ingredients containing sulphites.</b></p>		

**Resource A (continued): Snack Bars**

**Mother Earth® Fruit Sticks Apple & Raspberry**



## Resource A (continued): Snack Bars

Mother Earth® Fruit Sticks Apple & Raspberry		
NUTRITION INFORMATION (Average)		
Serving size: 19 g (1 bar)		Servings per package: 8
Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	268 kJ	1410 kJ
Protein	0.9 g	4.5 g
Fat, Total	0.6 g	3.0 g
– Saturated	0.3 g	1.6 g
– Trans	<0.1 g	<0.1 g
Carbohydrate	12.9 g	67.9 g
– Sugars	4.9 g	25.6 g
Dietary Fibre	0.6 g	3.4 g
Sodium	44 mg	232 mg
<p>Ingredients: <b>Wheat</b> flour, raspberry filling (33 %) [fruit: concentrated apple puree (41 %), raspberry puree (7 %)], glucose syrup, humectant [glycerol], sugar, gelling agent [pectin], <b>wheat</b> 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, (<b>sulphites</b>)], dietary fibre [inulin], raising agents (450, 500), butter [cream (<b>milk</b>), salt], sunflower oil, emulsifier (471), natural flavour, salt, <b>wheat</b> bran, <b>wheatgerm</b>, natural colour [annatto].</p> <p><b>Contains gluten, sulphites, and milk as indicated in bold type.</b></p> <p><b>May be present: egg, peanuts, sesame seeds, soy, and tree nuts.</b></p>		

## Resource B: Killer Sauce for Spag Bol

### F. Whitlock® & Sons Killer Sauce for Spag Bol



#### NUTRITION INFORMATION (Average)

Serving size: 125 g

Servings per package: 4

Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	380 kJ	304 kJ
Protein	2.1 g	1.7 g
– Gluten	Not detected	Not detected
Fat, Total	1.6 g	1.3 g
– Saturated	0.3 g	0.2 g
– Trans	0.1 g	0.1 g
Carbohydrate	15.3 g	12.2 g
– Sugars	5.5 g	4.4 g
– Lactose	Not detected	Not detected
– Galactose	Not detected	Not detected
Sodium	1219 mg	975 mg



**Resource B (continued): Killer Sauce for Spag Bol****F. Whitlock® & Sons Killer Sauce for Spag Bol**

**Ingredients:** Tomato puree (80 %) [water, tomato paste, sundried tomato], vinegar, sugar, garlic paste (3 %), onion (3 %), salt, basil (0.2 %), oregano (0.05 %), black pepper).

**Ingredient(s) contain added sulphites.**

**This product is gluten / wheat and dairy free.**

## **Acknowledgements**

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

Resource A:

Tasti Products Ltd., Auckland, New Zealand.

Prolife Foods Ltd., Hamilton, New Zealand.

Nice & Natural, Auckland, New Zealand.

Resource B:

Cerebos Gregg's Ltd., Dunedin, New Zealand.