

91470R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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

Level 3 Home Economics, 2018

91470 Evaluate conflicting nutritional information relevant to well-being in New Zealand society

2.00 p.m. Monday 12 November 2018
Credits: Four

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Home Economics 91470.

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.

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RESOURCE A: FONTERRA WEBSITE

Butter Is Back

Secure | <https://www.fonterra.com/nz/en/afreshstartwithdairy/butterisback.html>

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Home / A Fresh Start With Dairy / Butter Is Back

People who moved away from using butter in the 1970s and 1980s are returning. Leading the way are food enthusiasts seeking enhanced flavours in their home cooking.

It is just a churn away from the full cream cow's milk that is collected twice a day by our world-leading dairy farmers.

Only butter tastes like butter

There's a reason why famous chefs never stopped using butter, even during the 'anti-butter' years. It tastes wonderful, and it makes other foods taste wonderful too.

Butter is the ultimate food enhancer – the preferred fat to use for so many culinary masterpieces.

Butter has always been naturally good

For a short period in the history of butter, some people lost faith in its natural goodness.

e also better understand the importance of a balanced diet that embraces rich, natural foods in moderation.

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Source (adapted): <https://www.fonterra.com/nz/en/afreshstartwithdairy/butterisback.html>.

RESOURCE B: HEALTHY FOOD GUIDE MAGAZINE

Fat is a hotly-debated topic right now, and a confusing one.

The science shows dietary fat plays a vital role, but does it mean we should all slather on the butter to our heart's content (or discontent)?

Why do we need to limit saturated fat?

- **Strong link to increased risk of heart disease.**
- **Replacing saturated fats with unsaturated fats improves blood cholesterol profiles.**

RESOURCE B (continued): HEALTHY FOOD GUIDE MAGAZINE**Easy ways to reduce saturated fat**

Use oil (not coconut) and reduced-fat versions of spread, coconut milk, and dairy products.

Saturated fat comparison:

1 tablespoon	Saturated fat
Butter	 g
55% fat spread	 g
Coconut oil	 g
Olive oil	 g

There is room for saturated fat in our diets

The advice is to get no more than 10 per cent of your energy (kilojoules) from saturated fat, so in an 8700 kJ day that means up to 24 g.

We're not anti-fat but we do like swapping fats

When we reduce the saturated fat in our diets we are better off trading it for good fats, rather than highly processed carbohydrates, such as cakes and pastries.



Cardiovascular Disease Risk Assessment

Updated 2013

New Zealand Primary
Care Handbook 2012

With thanks to an expert advisory group:



Introduction

This update addresses questions and management issues for clinicians (doctors) working in primary care. The overall goal is to reduce cardiovascular risk for individuals and / or provide appropriate advice about reducing the risk of developing diabetes.

Lifestyle Interventions

Graded lifestyle advice is appropriate for everyone and needs to consider the individual's circumstances.

[REDACTED]

Health professionals should use appropriate communication skills, tools, and resources to build health literacy.

Diet

The Heart Foundation's nine steps to eating for a healthy heart:

1. Enjoy three meals a day, selecting from dishes that encourage you to eat plant foods and fish, and with little or no dairy fat, meat fat, or deep-fried foods.
2. [REDACTED]
3. [REDACTED]
4. [REDACTED]
5. [REDACTED]
6. [REDACTED]
7. [REDACTED]
8. [REDACTED]
9. Mostly avoid or rarely include butter, deep-fried foods, and fatty foods; and only occasionally choose sweet bakery products or pastries (www.heartfoundation.org.nz).

RESOURCE D: THE AUSTRALIAN WEBSITE

The screenshot shows a web browser window with the URL: www.theaustralian.com.au/executive-living/food-drink/the-six-foods-pete-evans-never-stocks-at-home/story-e6frg8jo-1226992580246. The page features a navigation bar with categories like NEWS, OPINION, BUSINESS REVIEW, NATIONAL AFFAIRS, SPORT, LIFE, TECH, ARTS, TRAVEL, HIGHER ED, MEDIA, and PROPERTY. The article title is "The foods Pete Evans never stocks at home" by NECIA WILDEN, published on July 19, 2014. The article text is mostly redacted with grey boxes. The visible text includes:

HOW many hats does *My Kitchen Rules* co-host Pete Evans have? One thing's for sure, it's a lot more than three. Chef, telly star, restaurateur, health coach, paleo ambassador, author, father, outspoken critic of the Dietitians Association of Australia ... yes, we're losing count too.

We cook with coconut oil, or animal fats like lard and tallow, from humanely raised, pastured animals, and we use moderate amounts of expeller-pressed virgin olive oil for pouring on salads after the cooking process".

Pete Evans is a health coach with qualifications from New York's Institute of Integrative Nutrition

Source (adapted): <http://www.theaustralian.com.au/executive-living/food-drink/the-six-foods-pete-evans-never-stocks-at-home/story-e6frg8jo-1226992580246> and <http://www.bodyandsoul.com.au/health/health-news/pete-evans-on-why-he-thinks-were-living-by-outdated-nutritional-rules/news-story/cab5da8bfb2c732a7938b9ac5b88ab3f>.