

90961



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## Level 1 Home Economics, 2019

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

2.00 p.m. Friday 22 November 2019  
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 parts of the question 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 the question.


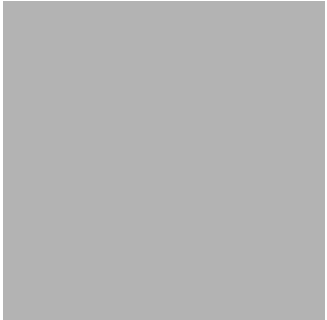


**Scenario**

Jack is in his first year of studying design at a polytechnic. He is enjoying flatting with friends and working part time at the local supermarket. He has a group assignment due next week and has invited the students in his group around to his flat on Saturday, so they can work together to finish it. Jack decides to pick up some crackers and dip so he can offer them a snack when they have a break. He knows one member of the group has a severe egg allergy, so he will have to read the packaging information carefully.

**QUESTION: STUDY SNACKS**

- (a) Many of the cracker and dip packets use promotional features to encourage people such as Jack to choose them. Explain how each feature pictured below could influence Jack to choose the product.

	<b>Promotional Feature</b>	<b>How this feature could influence Jack to choose the product</b>
(1)	Griffin's Original Snax™ 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
(2)	Arnott's™ Vita-Weat™ 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

	<b>Promotional Feature</b>	<b>How this feature could influence Jack to choose the product</b>
(3)	Sunbites® Snack Crackers 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
(4)	Lisa's Original Hummus 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
(5)	Old El Paso™ Chunky Salsa 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
(6)	Old El Paso™ Chunky Salsa 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

- (b) Explain why some ingredients are listed in **bold** in the ingredient list and why this is relevant to Jack when he is planning which snacks to serve.

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- (c) Complete the table below by writing in the amount of total fat, sodium and fibre **PER 100 g** for each product.

**CRACKERS:**

Per 100 g	Griffin's Original Snax™	Arnott's™ Vita-Weat™	Peckish™ Brown Rice Crackers	Sunbites® Snack Crackers	Huntley & Palmers™ Cream Crackers™ Reduced Fat
Fat, Total					
Sodium					
Fibre					

**DIPS:**

Per 100 g	Lisa's Original Hummus	The Good Taste Co. Garlic & Onion Kiwi Dip	Old El Paso™ Chunky Salsa
Fat, Total			
Sodium			
Fibre			

- (d) Use the nutritional information on the packaging to decide on the best choice of cracker and dip for Jack and his friends.

Best choice of cracker:

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Best choice of dip:

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- (e) Explain and justify your choice of products by comparing their nutritional content with the other cracker and dip products.

Consider factors such as:

- the different amounts of **total fat**, **sodium** and **fibre** in the products, and their effect on physical well-being
- your own knowledge of the *Food and Nutrition Guidelines* (FNG)
- other relevant nutritional and packaging information, including the ingredients in each product and their suitability for Jack and his friends.

Use the space below to plan your ideas, then begin your answer to (e) on the following page.

**PLANNING**



**Scenario continued**

Jack decides to choose other foods to offer with the crackers and dip, to make sure his friends' nutritional needs are met and that they are not hungry.

- (f) Using the Healthy Heart model in **Resource C**, on page 12 of the resource booklet, choose at least TWO foods from other food groups that could be served with the crackers and dip to make a balanced snack that fits the Healthy Heart model, and improves the snack's protein, calcium and vitamin content.

Other foods chosen:

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- (g) Explain and justify the nutritional benefits, for Jack and his friends, of the additional foods you chose in (f) on page 7.

**PLANNING**

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**Acknowledgements**

Material from the following sources has been adapted for use in this examination:

Arnott's Biscuits Ltd, North Strathfield, NSW, Australia.

Griffin's Foods Ltd, Auckland, New Zealand.

General Mills New Zealand Ltd, Auckland, New Zealand.

Life Health Foods NZ Ltd, Auckland, New Zealand.

Bluebird Foods Ltd, Auckland, New Zealand.