

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, 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

RESOURCE BOOKLET

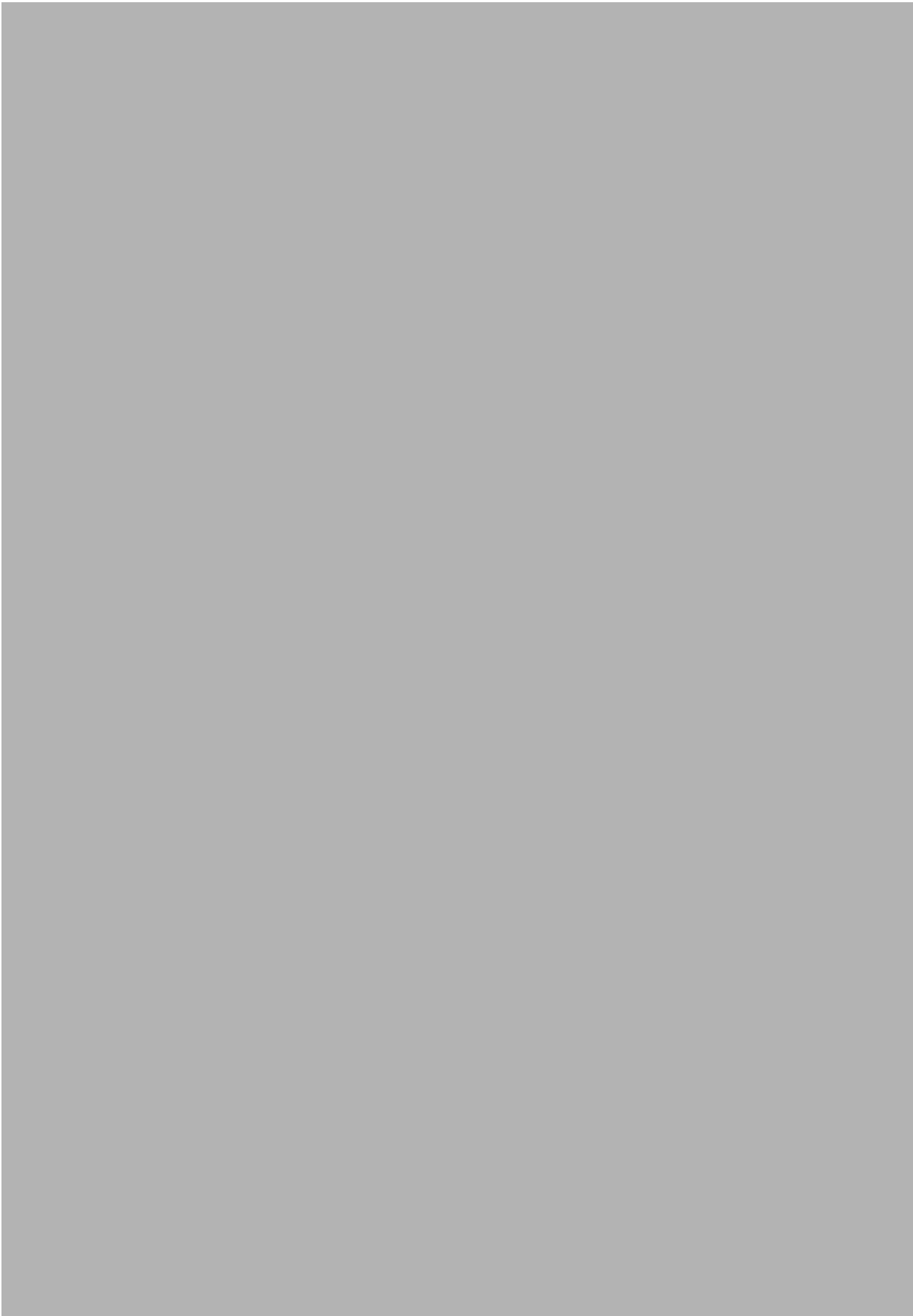
Refer to this booklet to answer the questions for Home Economics 90961.

Check that this booklet has pages 2–12 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: Crackers

Griffin's Original Snax™ Crackers



Resource A continued

Griffin's Original Snax™ Crackers		
NUTRITION INFORMATION (Average)		
Serving size: 19.4 g		Servings per package: 13
Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	420 kJ	2150 kJ
Protein	1.2 g	6.1 g
Fat, Total	5.3 g	27.3 g
– Saturated	2.5 g	13 g
Carbohydrate	11.8 g	60.9 g
– Sugars	1.3 g	6.5 g
Dietary Fibre	N / A	N / A
Sodium	160 mg	810 mg
<p>Ingredients: Wheat flour, vegetable oil & fat (antioxidants (307 (soy))), sugar, malt extract*, salt and raising agent (450, baking soda).</p> <p>Contains wheat, gluten, manufactured in a facility that also processes egg products, milk products, sesame seeds, peanuts, other nuts and soybean products.</p> <p>* From barley.</p>		

RESOURCE A continued

Arnott's™ Vita-Weat™



Arnott's™ Vita-Weat™

NUTRITION INFORMATION (Average)

Serving size: 23.2 g

Servings per package: 10.7

Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	406 kJ	1750 kJ
Protein	2.9 g	12.3 g
Fat, Total	2.6 g	11.2 g
– Saturated	0.4 g	1.6 g
Carbohydrate	14 g	60.3 g
– Sugars	0.4 g	1.7 g
Dietary Fibre	2.8 g	12.2 g
Sodium	106 mg	459 mg

Ingredients: Wholegrains (86%) (**wheat**), seeds (8%) (flaxseed, poppy seeds, **sesame**, pumpkin, chia), vegetable oil, salt and sugar.

Contains sesame, gluten-containing cereals, may contain traces of egg, milk, peanut, soy and tree nut.

RESOURCE A continued

Peckish™ Brown Rice Crackers



Peckish™ Brown Rice Crackers

NUTRITION INFORMATION (Average)

Serving size: 20 g

Servings per package: 5

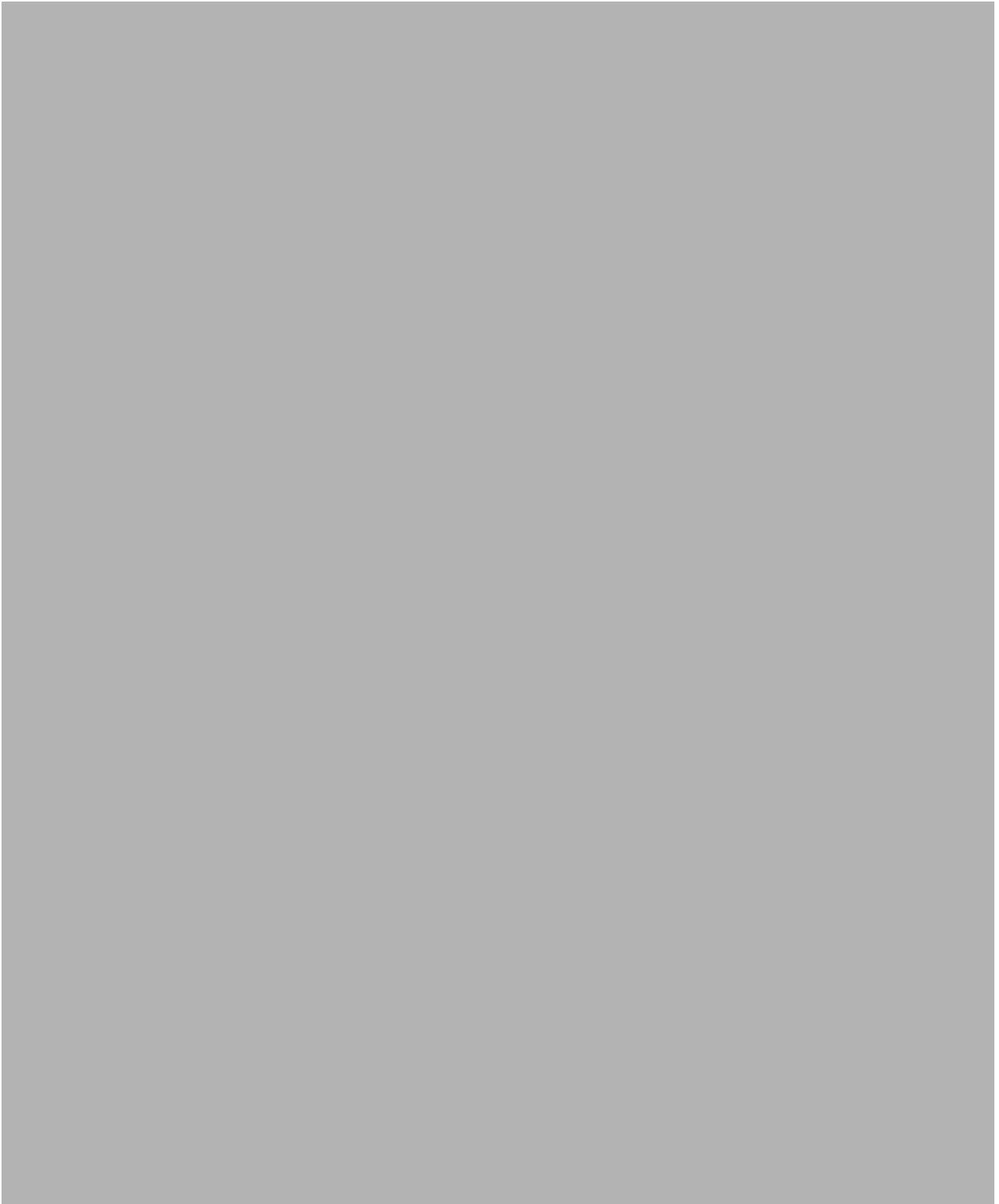
Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	380 kJ	1898 kJ
Protein	1.6 g	8.2 g*
Fat, Total	2.5 g	12.6 g
– Saturated	0.7 g	3.3 g
Carbohydrate	15.2 g	76 g
– Sugars	0.1 g	0.6 g
Dietary Fibre	N/A	N/A
Sodium	7 mg	37 mg

Ingredients: Brown rice flour, rice bran oil, and natural antioxidant (Vitamin E).

* No detectable gluten.

RESOURCE A continued

Sunbites® Snack Crackers



RESOURCE A continued

Sunbites® Snack Crackers		
NUTRITION INFORMATION (Average)		
Serving size: 25 g		Servings per package: 4.6
Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	498 kJ	1990 kJ
Protein	1.9 g	7.6 g
Fat, Total	5.5 g	21.8 g
– Saturated	0.5 g	1.9 g
Carbohydrate	15.5 g	61.8 g
– Sugars	0.8 g	3.1 g
Dietary Fibre	1.8 g	7.4 g
Sodium	109 mg	434 mg
<p>Ingredients: Wholegrain cereals (74%) (corn, wheat, oats), vegetable oil, quinoa (4%), sugar, rice and salt.</p> <p>Contains gluten, milk, milk products, soybeans and soybean products.</p>		

RESOURCE A continued

Huntley & Palmers™ Cream Crackers™ Reduced Fat



Huntley & Palmers™ Cream Crackers™ Reduced Fat

NUTRITION INFORMATION (Average)

Serving size: 23 g

Servings per package: 10

Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	380 kJ	1660 kJ
Protein	2.9 g	12.7 g
Fat, Total	1 g	4.3 g
– Saturated	0.1 g	0.6 g
Carbohydrate	16.7 g	72.6 g
– Sugars	<1 g	3.3 g
Dietary Fibre	1.4 g	6 g
Sodium	40 mg	190 mg

Ingredients: Wheat flour, vegetable oil (hi-oleic sunflower oil), fruitrim® (fruit juice, grain dextrins), wheat fibre, yeast, invert syrup, malt extract*, salt and raising agent (baking soda).

Contains wheat, barley (gluten), made in a factory that also processes milk products, peanuts, other nuts, sesame seeds and soybean products.

* From barley.

RESOURCE B: Dips

Lisa's Original Hummus



Lisa's Original Hummus

NUTRITION INFORMATION (Average)

Serving size: 20 g

Servings per package: 19

Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	179 kJ	895 kJ
Protein	1.4 g	7.2 g
Fat, Total	2.3 g	11.5 g
– Saturated	0.3 g	1.4 g
Carbohydrate	4.3 g	21.3 g
– Sugars	0.8 g	3.8 g
Dietary Fibre	1.4 g	6.9 g
Sodium	106 mg	533 mg

Ingredients: Chickpeas (72%), water, sunflower oil (antioxidant (307b)), **tahini** (2%), lemon juice concentrate (1.5%), sea salt, garlic (0.5%), pepper, preservative (202).

Contains sesame, may contain traces of dairy, egg, peanuts, tree nuts and soy. Gluten Free. Vegetarian.

RESOURCE B continued

The Good Taste Co. Garlic & Onion Kiwi Dip



The Good Taste Co. Garlic & Onion Kiwi Dip

NUTRITION INFORMATION (Average)

Serving size: 20 g

Servings per package: 10

Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	300 kJ	1510 kJ
Protein	0.6 g	2.8 g
Fat, Total	7.2 g	36.2 g
– Saturated	2.3 g	11.4 g
Carbohydrate	1.3 g	6.6 g
– Sugars	0.8 g	3.9 g
Dietary Fibre	N / A	N / A
Sodium	95 mg	470 mg

Ingredients: Sour cream (36%) (cream, skim milk, milk solids, gelatine*, thickener (1422), emulsifier (339), culture), cream cheese (cream, skim milk, milk solids, salt, acidity regulator (270), emulsifiers (450, 452, 451, 339), thickener (401), natural flavour), canola oil, onion (17%), garlic (2.4%), sugar, natural garlic flavour, stabilisers (412, 415 (soy**)), salt, mustard flour, food acid (330) and preservative (202).

* From Beef. ** Traces of.

RESOURCE B continued

Old El Paso™ Chunky Salsa



Old El Paso™ Chunky Salsa

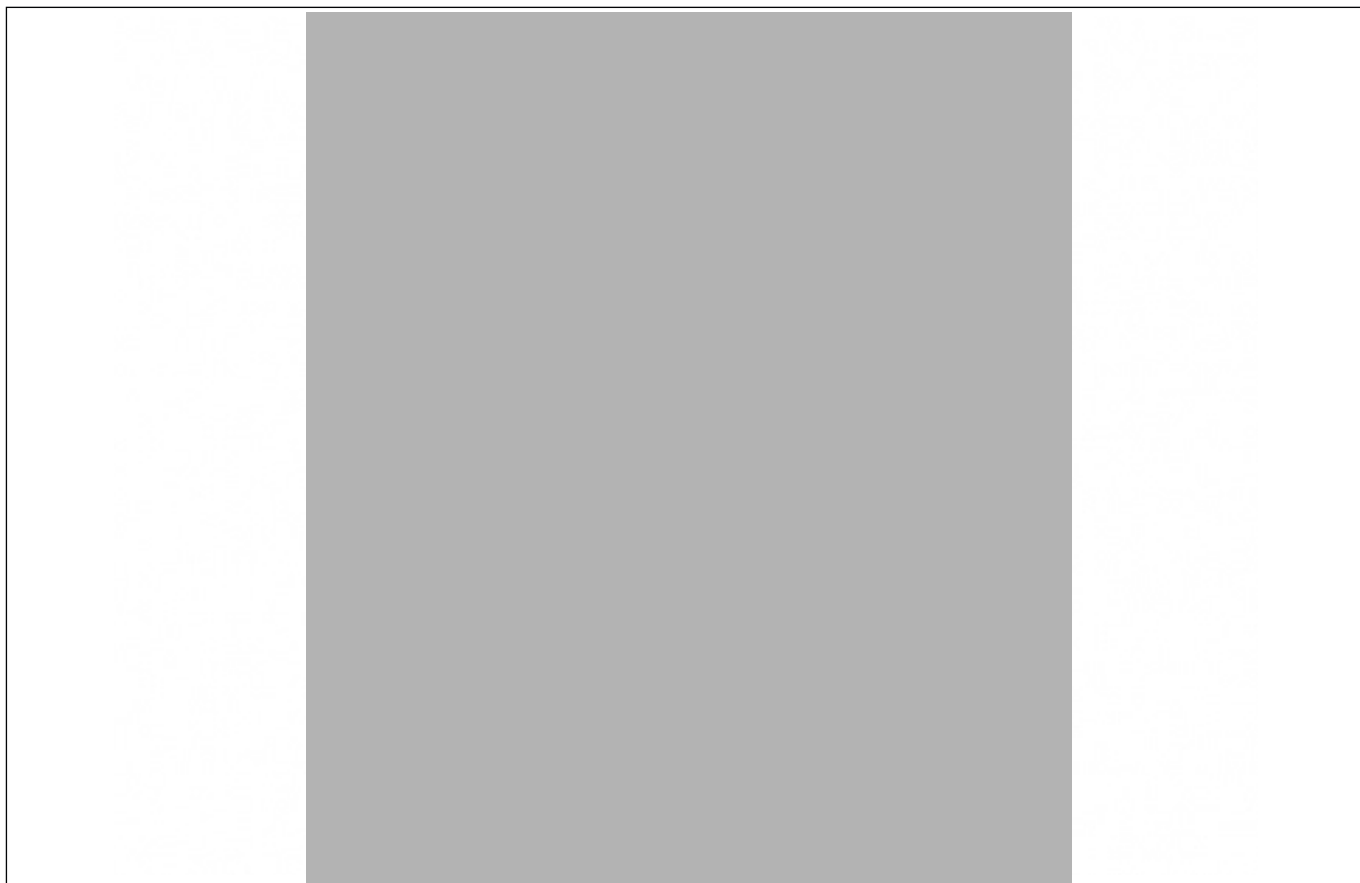
NUTRITION INFORMATION (Average)

Serving size: 75 g

Servings per package: 4

Nutrient	Nutrition per serve	Nutrition per 100 g
Energy	123 kJ	164 kJ
Protein	1 g	1.4 g
Fat, Total	0.2 g	0.2 g
– Saturated	<1 g	<1 g
Carbohydrate	5.4 g	7.2 g
– Sugars	3.1 g	4.2 g
Dietary Fibre	0.9 g	1.3 g
Sodium	249 mg	333 mg

Ingredients: Tomato (50%), water, green capsicum (15%), onion, maize starch, vinegar, salt, sugar, paprika, food acid (citric acid), oregano, cumin, mineral salt (calcium chloride), chilli powder).

RESOURCE C: Healthy Heart model showing the Four Food Groups

90961R

Acknowledgements

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

Resource A:

Griffin's Foods Ltd, Auckland, New Zealand.
Arnott's Biscuits Ltd, North Strathfield, NSW, Australia.
Bluebird Foods Ltd, Auckland, New Zealand.
Monde Nissin Australia, Noble Park, Vic., Australia.
Huntley & Palmers, Auckland, New Zealand.

Resource B:

Life Health Foods NZ Ltd, Auckland, New Zealand.
La Bonne Cuisine Ltd, Hastings, New Zealand.
General Mills New Zealand Ltd, Auckland, New Zealand.

Resource C:

<https://www.heartfoundation.org.nz/wellbeing/healthy-eating/eating-for-a-healthy-heart>.