

# 1

90961



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Tick this box if there is no writing in this booklet

## Level 1 Home Economics 2020

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

2.00 p.m. Tuesday 1 December 2020

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.

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 2–9 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. Refer to these in your answers.

**Scenario**

Molly is making a Mexican-style meal for herself and her mother, who finishes work at 7 p.m. She is a Year 11 Home Economics student and has studied a food-culture topic.

**QUESTION: TACO/TORTILLA PRODUCTS**

(a) Three products appeal to Molly, who reads the promotional/nutritional features on their packaging. In the spaces below, choose ONE feature for each product, and then explain HOW it could influence Molly's choice of product. Do not use the same feature twice.

(1) **Old El Paso Stand 'N Stuff Tortillas**



Preservative Free



Daily Intake (DI) Panel

Chosen promotional/nutritional feature: \_\_\_\_\_

How could this feature influence Molly's product choice?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(2) **12 Taco Shells**



Gluten Free



Health Star Rating

Chosen promotional/nutritional feature: \_\_\_\_\_

How could this feature influence Molly's product choice?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(3) **Mission Tortillas**



Gluten Free



Glycemic Index (GI) Certified

Chosen promotional/nutritional feature: \_\_\_\_\_

How could this feature influence Molly's product choice?

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(b) Explain which of the three products would be suitable for most people who suffer from coeliac disease.

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(c) The table below shows the amount of total fat, dietary fibre and sodium (per 100 g) for EACH of the three taco/tortilla products.

Per 100g	Old El Paso Stand 'N Stuff Tortillas	12 Taco Shells	Mission Tortillas
Total fat	6.9 g	21.5 g	2.8 g
Dietary fibre	2.7 g	7.0 g	5.1 g
Sodium	400 mg	<5 mg	39 mg

Based on this nutritional information, state the best product choice for Molly's meal:

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Explain and justify your choice, above, by giving reasons why it is the best product for Molly's meal. You may plan in the space below and then begin your answer.

Consider factors such as:

- nutritional and packaging information for the taco/tortilla products, and how these relate to physical well-being in the short term and long term
- your own knowledge of the Food and Nutrition Guidelines (FNG).

### PLANNING

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- (d) (i) Molly plans to fill her chosen taco/tortilla product with tinned Mexican-style chilli beans and minced beef (see page 5 of the resource booklet).

Choose at least TWO other foods that Molly could serve with her chosen taco/tortilla product to make a balanced evening meal for herself and her mother.

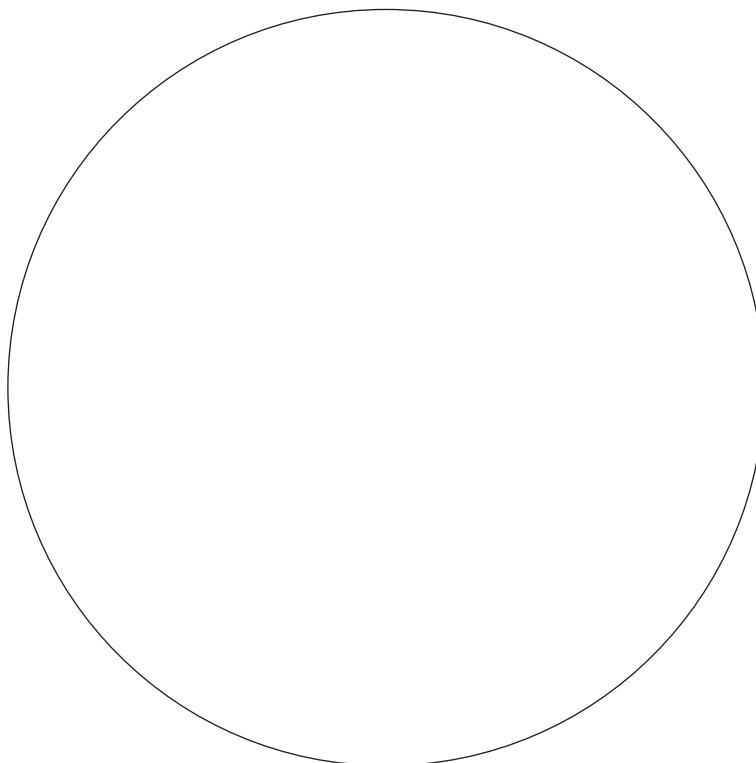
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- (ii) Draw and label the complete meal (name all foods) according to the ideal plate model:



(e) Explain and justify your food choices in (d), on page 6. You may plan in the space below and then begin your answer.

Consider factors such as:

- nutritional benefits of adding Mexican-style chilli beans to the minced beef in the meal (see page 5 of the resource booklet)
- nutritional benefits of the added foods named in (d) and how these relate to physical well-being in the short term and long term
- cooking methods to retain nutrients and minimise the fat content of the meal
- your own knowledge of the Food and Nutrition Guidelines (FNG).

**PLANNING**

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