

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 2020

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

2.00 p.m. Thursday 3 December 2020
Credits: Four

RESOURCE BOOKLET

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

Check that this booklet has pages 2–6 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: Kellogg's



Food Recipes Promotions **Health & Wellbeing** ▾ Our Story Articles Careers



WHAT [REDACTED] BREAKFAST?

It's a Simple Equation

Breakfast is the first opportunity in the day to get onto the nutritional front foot.



ideal level equates to 5 tsp for children, 6 tsp for women and 7 tsp for men a day.



Kellogg's® Coco & Cream



Coco Pops® Chex® Cookies & Cream are crispy

[Redacted text]

[Redacted text]

[Redacted text]

[Redacted text]

[Redacted text]

[Redacted text] (niacin, thiamin, riboflavin, folate),
flavour (vanilla).



RESOURCE B: Sugar Research Advisory Service

https://www.srasanz.org/sras/sign-our-newsletter/newsletter-archives/

FEATURE ARTICLES

ULTRA-PROCESSED FOODS

There has been a growing focus on the degree

increased convenience foods and the social changes that demanded them.

RESOURCE C: Modern Food Dilemmas

Browser window showing a news article from nzherald.co.nz. The article title is "Modern food [redacted] the supermarket". The author is Niki Bezzant. The article text includes: "Food shopping used to be easy. Now, getting [redacted] A trip to the supermarket used to be easy. Now it can be confusing with all the different messages about food." There are social sharing icons for email, Facebook, Twitter, and a bookmark icon. The article continues with "Is meat-free protein a better option?" followed by several paragraphs of redacted text. The bottom of the page shows the text "especially the ones known as sugar alcohols," she says."

especially the ones known as sugar alcohols," she says."

Acknowledgements

Material from the following sources has been adapted (last accessed 22 May 2020) for use in this examination:

Page 2

(text and image) https://www.kelloggs.co.nz/en_NZ/health/what-makes-a-healthy-breakfast.html

(text) https://www.kelloggs.co.nz/en_NZ/health/how-to-pick-the-right-cereal.html

(text) https://www.kelloggs.co.nz/en_NZ/health/sugar.html

(image) <https://1000logos.net/kelloggs-logo/>

Page 3

(text and image) https://www.kelloggs.co.nz/en_NZ/products/kelloggs-coco-pops-chex-cookies-cream.html

(image) https://www.ishopnewworld.co.nz/product/5017640_ea_000nw?name=coco-pops-chex-breakfast-cereal

(text) https://www.kelloggs.co.nz/en_NZ/products/kelloggs-coco-pops-chex-cookies-cream.html#nutrition-modal

(image) https://www.kelloggs.co.nz/en_NZ/products/nutri-grain-bar-original-product.html

Page 4

(text and image) <https://www.sugarnutritionresource.org/news-articles/what-are-ultra-processed-foods>

(image) <https://www.heartfoundation.org.nz/about-us/news/blogs/are-nutrition-claims-on-packaged-foods-misleading>

Page 5

(text and image) https://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=12297707

