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90961



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Level 1 Home Economics 2021

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

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 2–8 in the correct order and that none of these pages is blank.

Do not write in any cross-hatched area (✂). This area may be cut off when the booklet is marked.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

INSTRUCTIONS

Read the scenario below and refer to it, as well as **Resource Booklet 90961R**, when answering all parts of the question.

Scenario

Amelia and Mason are twins in Year 11 attending the local high school. They both have busy lives. Amelia is a keen netball player. She trains for the local club twice a week, and plays a netball match on Saturday mornings. Mason is currently playing rugby for the 1st XV, and he is a member of the New Zealand secondary schools squad.

Amelia is studying Year 11 Home Economics this year, and she has been learning about nutrition for adolescents. She is particularly interested in the dietary requirements of athletes.

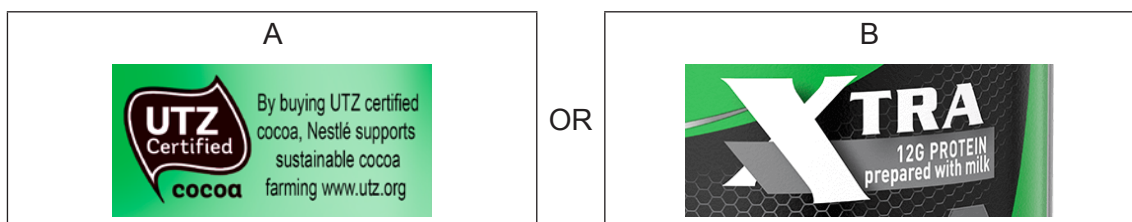
The twins are responsible for making their own breakfast choices, and neither of them have any allergies. On training days, they both leave home early and must eat breakfast before school starts. They need a breakfast that provides high energy for their sporting activities and high protein for growth, muscle repair and maintenance. Due to time restrictions they both choose to have a high-energy, high-protein drink for breakfast.

QUESTION

The twins, Amelia and Mason, are considering three possible breakfast drink powders for their breakfast. These include Milo Xtra, Sustagen Sport, and Nesquik (see **Resources A to C**). The promotional/nutritional features on the packaging of these products may influence the twins' choice.

- (a) Choose ONE promotional or nutritional feature from each of the three breakfast drink powders. Explain how the chosen feature could influence the twins' choice of breakfast drink powder.

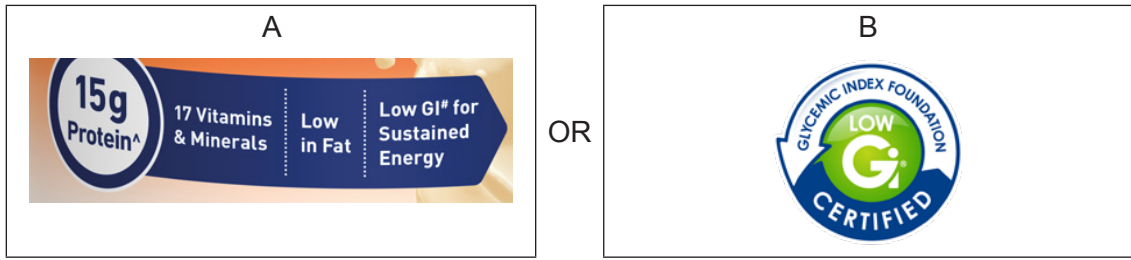
- (i) **Milo Xtra**



Chosen promotional/nutritional feature: _____

Influence on the twins' choice of breakfast drink powder:

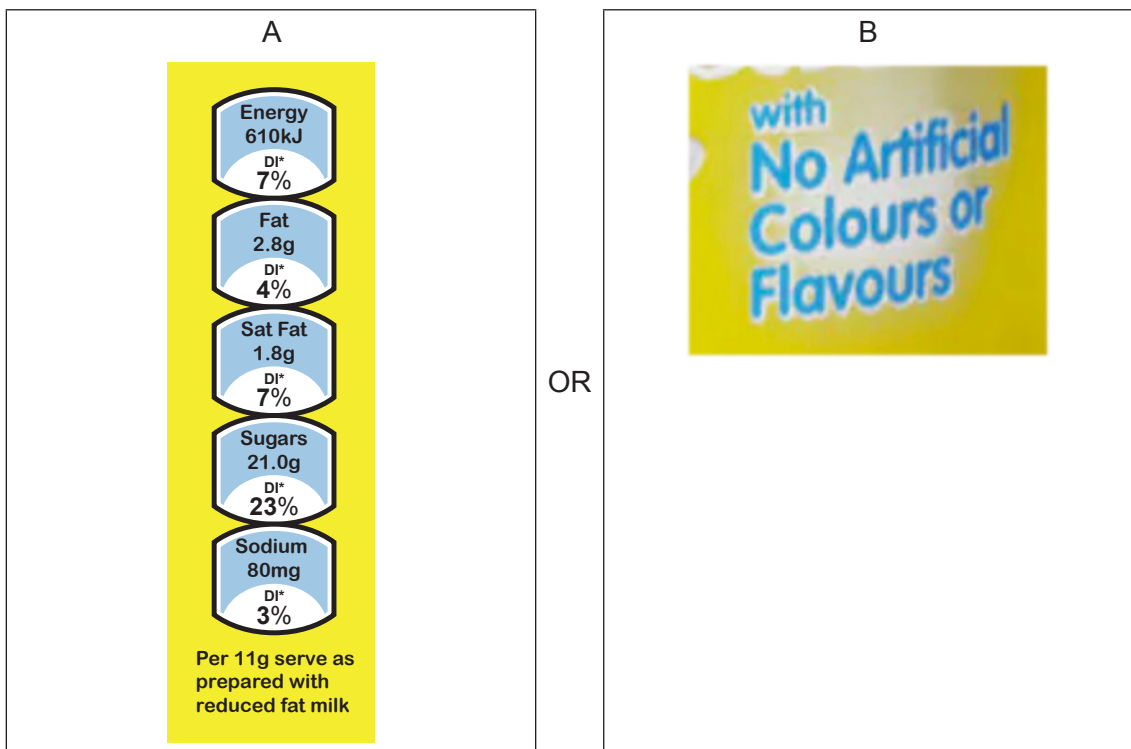
(ii) **Sustagen Sport**



Chosen promotional/nutritional feature: _____

Influence on the twins' choice of breakfast drink powder:

(iii) **Nesquik**



Chosen promotional/nutritional feature: _____

Influence on the twins' choice of breakfast drink powder:

The twins' older sister Emma also wants to choose a breakfast drink, but she has a soy allergy.

- (b) (i) Which of the three breakfast drink powders (**Resources A to C**) would be most suitable for Emma?
Explain why it is a better choice than the other breakfast drinks.

- (ii) To make the breakfast drink, the twins have selected A2 milk for Emma to combine with her chosen breakfast powder. Using **Resource D**, explain why the twins may have selected A2 milk for Emma.

Amelia and Mason are discussing which breakfast drink is better for themselves. Mason prefers Nesquik, but Amelia thinks that Milo Xtra and Sustagen Sport are both better choices.

(c) Why is either Milo Xtra OR Sustagen Sport a better choice for the twins than Nesquik?

Consider factors such as:

- nutritional information
- the twins' physical well-being / taha tinana
- your knowledge of the Food and Nutrition Guidelines (FNG) for these teenagers.

The twins have decided to make a breakfast smoothie for themselves. They hope to make it nutritionally balanced by combining their chosen breakfast powder with A2 milk and two other foods.

- (d) (i) Recommend TWO foods, from different food groups, that could be added to the smoothie to improve its nutritional value. Explain why these foods are appropriate with reference to the food packaging of A2 Milk, and either Milo Xtra or Sustagen Sport.

Food (1): _____

Food (2): _____

**Extra space if required.
Write the question number(s) if applicable.**

QUESTION
NUMBER

90961