

See back cover for an English translation of this cover

1

90961MR



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

Ohaoha Kāinga, Kaupae 1, 2021

90961M Te whakaatu māramatanga ki tā ngā taipitopito tākai whakaawe i ngā kōwhiringa kai a te tangata, i tōna oranga hoki

Ngā whiwhinga: E whā

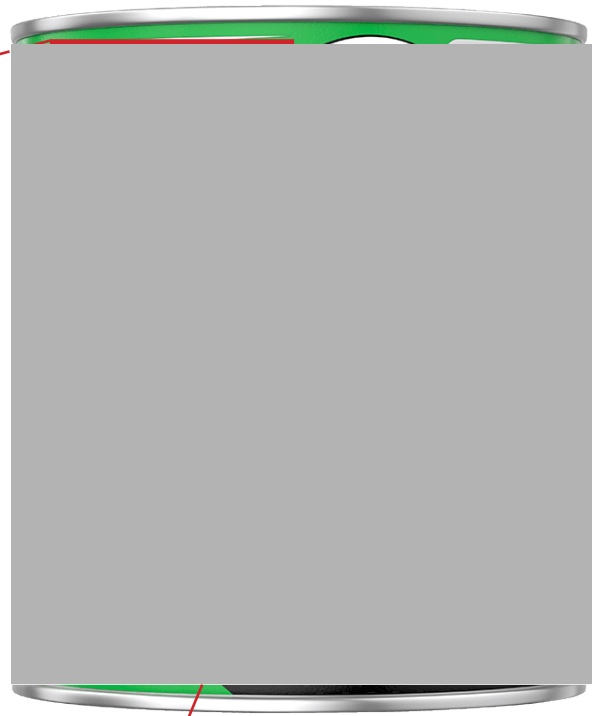
TE PUKAPUKA RAUEMI

Kōrerotia tēnei pukapuka hei whakaoti i ngā tūmahi mō Ohaoha Kāinga 90961M.

Tirohia kia kitea ai e tika ana te raupapatanga o ngā whārangi 2–11 kei roto i tēnei pukapuka, ka mutu, kāore tētahi o aua whārangi i te takoto kau.

E ĀHEI ANA TŌ PUPURI KI TĒNEI PUKAPUKA HEI TE MUTUNGA O TE WHAKAMĀTAUTAU.

TE RAUEMI A: Te paura inu parakuihi o Milo Xtra



Ngā taipitopito taioranga (Te toharite)

Te nui o te tohanga: E 25g Ngā tohanga kei ia ipu: 15

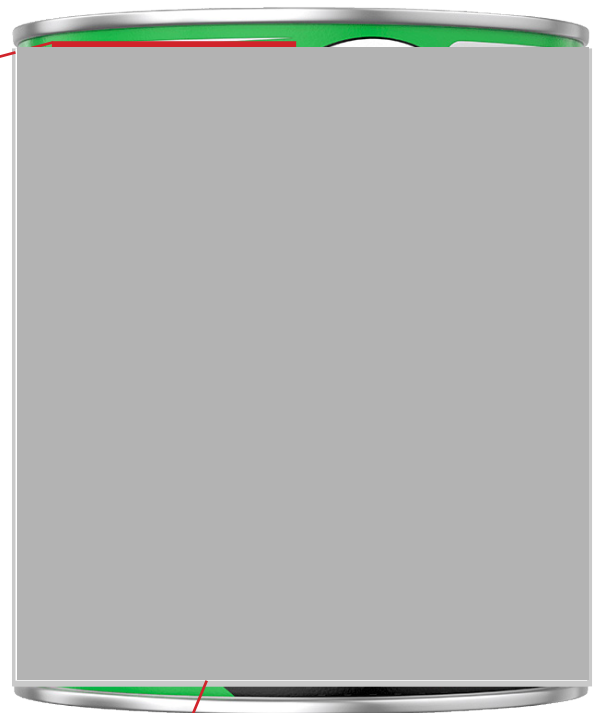
	i ia tohanga	i ia 100g
Te Pūngao	E 400kJ	1580kJ
Te Pūmua	E 5.1g	E 20.4g
Te tapeke o te Ngako	E 2.6g	10.5g
Te ngako totoka	1.6g	E 6.5g
Te tapeke o te warowaihā	11.6g	E 46.5g
Ngā Huka	E 9.8g	E 38.8g
Te Konupūmā	170mg	E 680mg
Te Konutai	E 35mg	140mg

Ngā kai whakauru: He tangohanga pāre (16%) he pāre me te raihi rānei (te tapeke o te tangohanga 34%),

he miraka totoka, he huka, he koko, he hinu huawhenua, he tote kohuke (konupūmā, rino), te maltodextrin (kānga), me ngā huaora (C, B3, B6, B2, D, B12).

He kurutene, he miraka hoki kei roto. Tērā pea he hoi kei roto.

Te Ine Kūhuka = 40 (he iti). Ina mahia mai ki te miraka kore kirīmi.

RESOURCE A: Milo Xtra breakfast drink powder**Nutritional information (Average)**

Serving size: 25g

Servings per package: 15

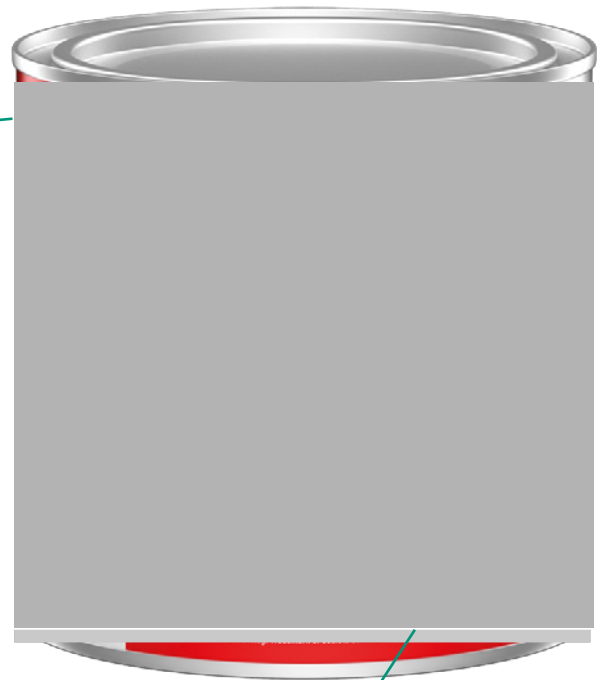
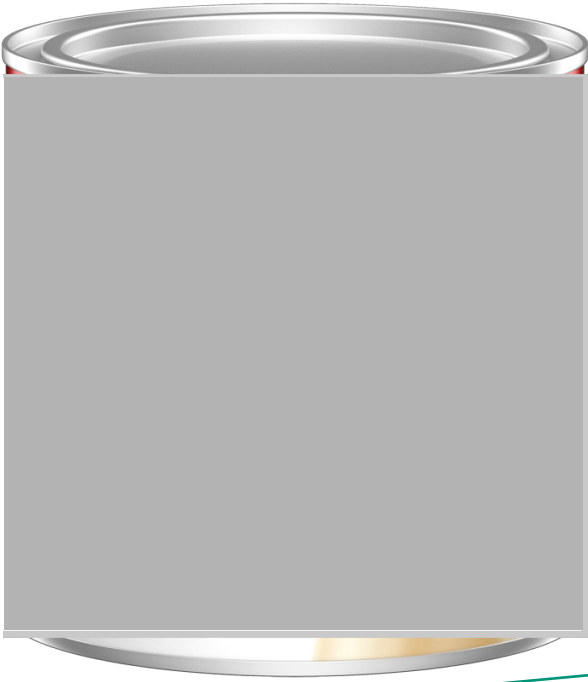
	per serve	per 100g
Energy	400kJ	1580kJ
Protein	5.1g	20.4g
Total Fat	2.6g	10.5g
Saturated Fat	1.6g	6.5g
Total carbohydrate	11.6g	46.5g
Sugars	9.8g	38.8g
Calcium	170mg	680mg
Sodium	35mg	140mg

Ingredients: Extract of malt barley (16%) or malt barley and rice (total extract 34%), milk solids, sugar, cocoa, vegetable oil, mineral salts (calcium, iron), maltodextrin (corn), vitamins (C, B3, B6, B2, D, B12).

Contains Gluten and Milk. May contain Soy.

Glycemic Index = 40 (low). Made with trim milk.

TE RAUEMI B: Te paura inu parakuihi o Sustagen Sport (wanira)



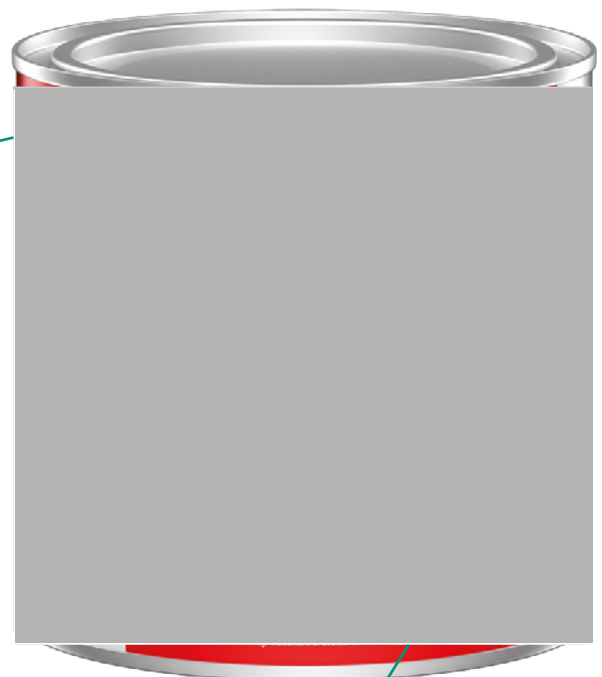
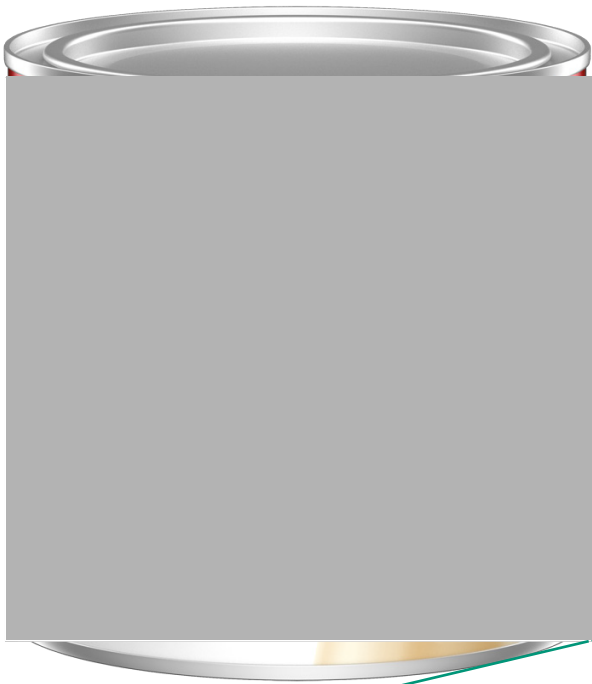
Ngā taipitopito taioranga (Te toharite)

Te nui o te tohanga: E 60g Ngā tohanga kei ia ipu: 15

	i ia tohanga	i ia 100g
Te Pūngao	E 870kJ	1450kJ
Te Pūmua	15g	E 25g
Te tapeke o te Ngako	Te 0.5g	Te 0.8g
Te ngako totoka	Te 0.2g	Te 0.4g
Te tapeke o te warowaihā	E 36g	E 60g
Ngā Huka	E 34.8g	E 58g
Te Konupūmā	E 600mg	1000mg
Te Konutai	150mg	E 250mg

Ngā kai whakauru: He miraka totoka ngako kore (70%), he huka, ko te maltodextrin (kānga), he tāwara, he pūmua wei, he kukū (miraka), he kohuke (konupūmā pākawa tūtaewhetū, rino pākawa pungatara, konutea pākawa pungatara, konurehu kahautawa), he huaora (sodium ascorbate, tocopheryl acetate, niacinamide, thiamine hydrochloride, pyridoxine hydrochlorid, retinyl acetate, cyanacobalamin, folic acid, cholecalciferol).

He miraka kei roto.

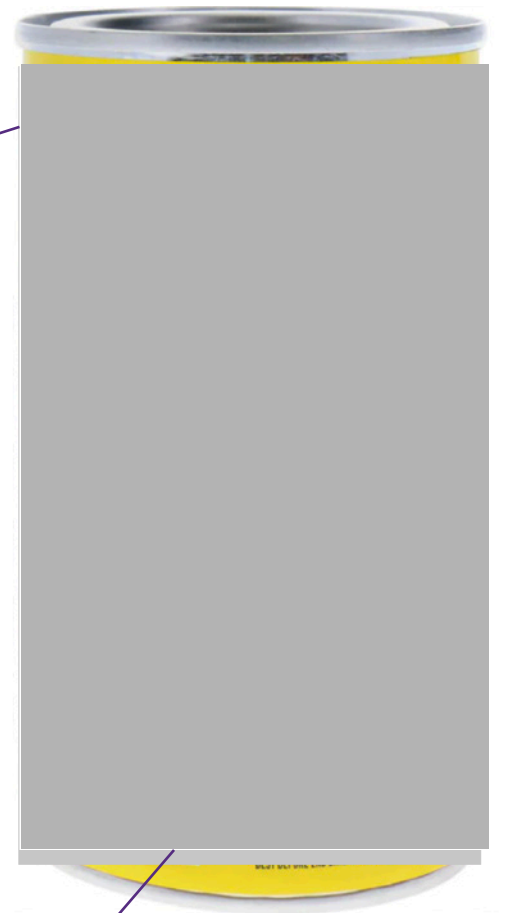
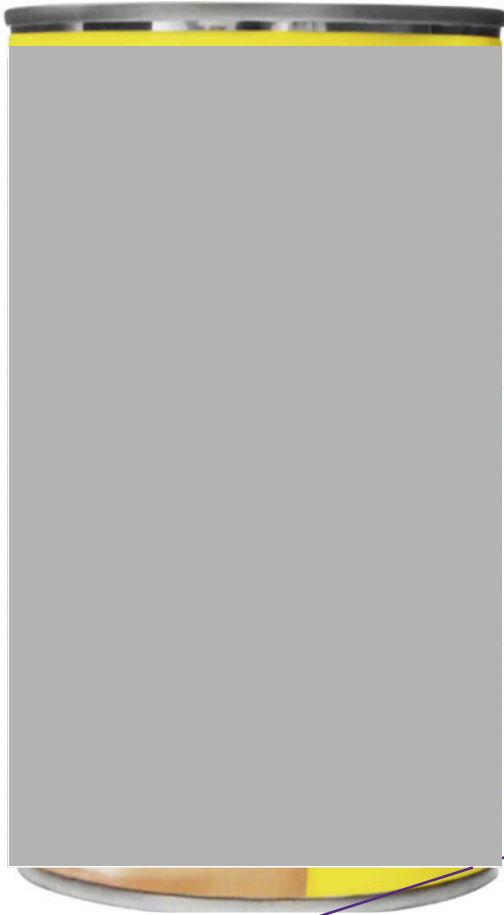
RESOURCE B: Sustagen Sport (vanilla) breakfast drink powder

Nutritional information (Average)		
Serving size: 60g		Servings per package: 15
	per serve	per 100g
Energy	870kJ	1450kJ
Protein	15g	25g
Total Fat	0.5g	0.8g
Saturated Fat	0.2g	0.4g
Total carbohydrate	36g	60g
Sugars	34.8g	58g
Calcium	600mg	1000mg
Sodium	150mg	250mg

Ingredients: Non-fat milk solids (70%), sugar, maltodextrin (corn), flavour, whey protein, concentrate (milk), minerals (calcium phosphate, ferrous sulphate, zinc sulphate, potassium iodide), vitamins (sodium ascorbate, tocopheryl acetate, niacinamide, thiamine hydrochloride, pyridoxine hydrochloride, retinyl acetate, cyanacobalamin, folic acid, cholecalciferol).

Contains milk.

TE RAUEMI C: Te paura inu parakuihi o Nesquik (tiakarete)

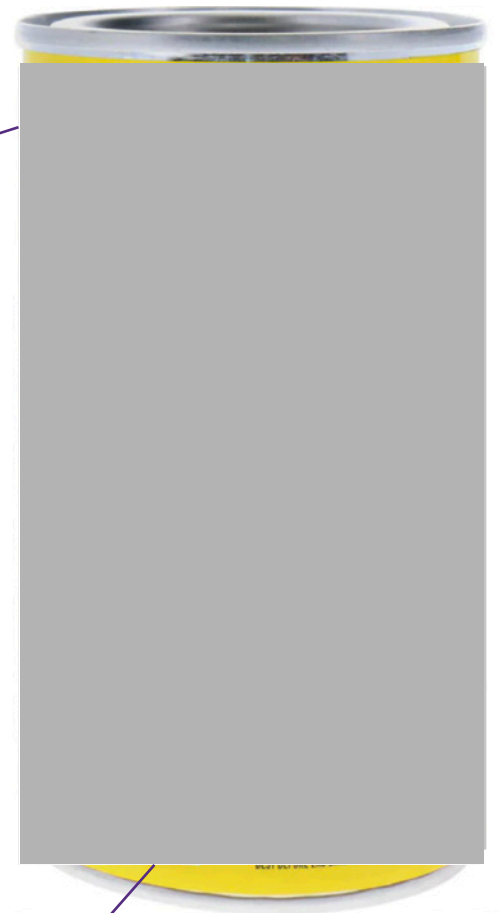
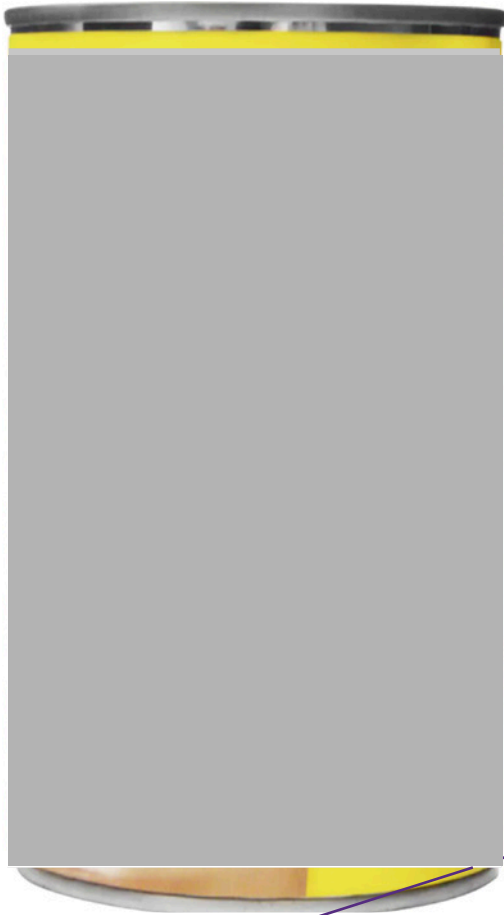


Ngā taipitopito taioranga (Te toharite)		
Te nui o te tohanga: 11g		Ngā tohanga kei ia ipu: E 22
	i ia tohanga	i ia 100g
Te Pūngao	190kJ	1730kJ
Te Pūmua	Te 0.5g	E 4.8g
Te Tapeke o te Ngako	Te 0.4g	E 3.2g
Te ngako totoka	Te 0.2g	1.7g
Te tapeke o te warowaihā	E 9.9g	E 90.3g
Ngā Huka	E 8.8g	E 80.0g
Te konupūmā	He <5mg	He <10mg
Te Konutai	Te 0mg	Te 0mg

Ngā kai whakauru: He tōhuka, he koko, he whakaehu (soy lecithin), he raukikini (hinamana).

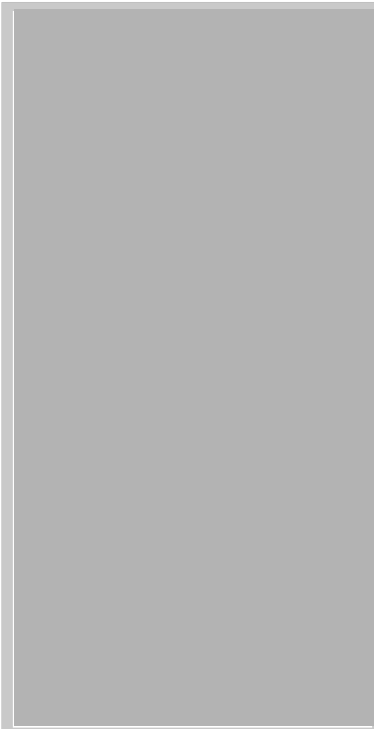
He hoi kei roto.

Tērā pea he Miraka kei roto.

RESOURCE C: Nesquik (chocolate) breakfast drink powder


Nutritional information (Average)		
Serving size: 11g		Servings per package: 22
	per serve	per 100g
Energy	190kJ	1730kJ
Protein	0.5g	4.8g
Total Fat	0.4g	3.2g
Saturated Fat	0.2g	1.7g
Total carbohydrate	9.9g	90.3g
Sugars	8.8g	80.0g
Calcium	<5mg	<10mg
Sodium	0mg	0mg
Ingredients: Cane sugar, cocoa, emulsifier (soy lecithin), spice (cinnamon). Contains Soy. May contain Milk.		

TE RAUEMI D: Te Miraka Kikorangi A2



te tapanga o
muri o te hua

He aha hoki te Miraka a2?

Karekau he pūmua A1,
karekau hoki he tāpiringa



Ko te pūmua A2 anake (pūtepe-beta) kei roto i te miraka A2, ā, he māmā ake te taha ki te kūnātu me te miti.

Ngā Taipitopito Taioranga (Te toharite)

Te nui o te tohanga: E 250ml (kotahi te karāhe)

Ngā tohanga kei ia pātara: E 8

	I ia tohanga	I ia 100g
Te Pūngao	E 683kJ	E 274kJ
Te Pūmua	E 9.6g	E 3.8g
Te Tapeke o te Ngako	E 8.5g	E 3.4g
Te Ngako Totoka	E 5.6g	E 2.3g
Te Tapeke o te Warowaihā	12.0g	E 4.8g
Ngā Huka	12.0g	E 4.8g
Te Konupūmā	E 323mg	129mg
Te Konutai	100mg	E 40mg

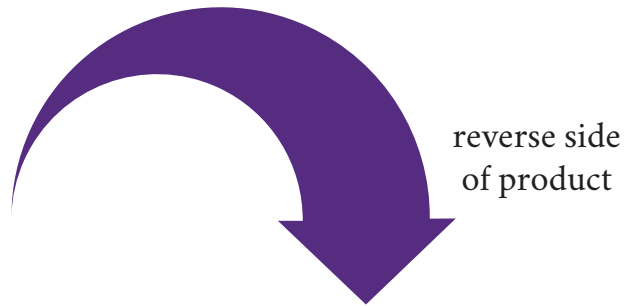
Ko te pūmua A2 anake (pūtepe-beta) kei roto i te miraka A2, ā, he māmā ake te taha ki te kūnātu me te miti.

Ngā Kai Whakauru: ko te miraka e hāngai ana ki ngā paerewa.

Ka rerekē pea ngā inenga taioranga i runga anō i ngā āhuatanga ā-kaupeka o te tau.

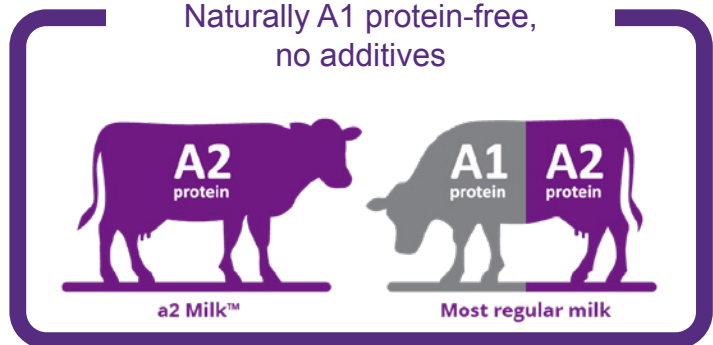
Te Tiaki: Whakamātaohia kia noho ai ki raro i te 4°C

RESOURCE D: A2 Blue milk



What is a2 Milk?

Naturally A1 protein-free,
no additives



a2 Milk contains only A2 protein (beta-casein),
which is easier to digest and absorb.

Nutritional information (Average)

Serving size: 250ml
(1 glass)

Servings per package: 8

	per serve	per 100g
Energy	683kJ	274kJ
Protein	9.6g	3.8g
Total Fat	8.5g	3.4g
Saturated Fat	5.6g	2.3g
Total carbohydrate	12.0g	4.8g
Sugars	12.0g	4.8g
Calcium	323mg	129mg
Sodium	100mg	40mg

A2 milk contains only A2 protein (beta-casein)
which is easier to digest and absorb.

Ingredients: Standardised milk.

Nutritional values may vary due to seasonal
conditions.

Storage: Refrigerate below 4°C.

He mihi

He mea whakahāngai ngā kōrero nō ngā mātāpuna e whai ake nei hei whakamahinga i tēnei whakamātautau:

Te whārangi 2

<https://milo.co.nz/products/powders/xtra>

Te whārangi 4

<https://www.sustagen.com.au/product/sustagen-sport-vanilla>

Te whārangi 6

<https://shop.countdown.co.nz/shop/productdetails?stockcode=33888&name=nesquik-milk-mixes-chocolate>

Te whārangi 8

<https://thea2milkcompany.com/thea2milkdifference/>

<https://www.anchor-dairy.com/nz/en/products/fresh-milk/anchor-a2-milk-blue.html>

Acknowledgements

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

Page 3

<https://milo.co.nz/products/powders/xtra>

Page 5

<https://www.sustagen.com.au/product/sustagen-sport-vanilla>

Page 7

<https://shop.countdown.co.nz/shop/productdetails?stockcode=33888&name=nesquik-milk-mixes-chocolate>

Page 9

<https://thea2milkcompany.com/thea2milkdifference/>

<https://www.anchor dairy.com/nz/en/products/fresh-milk/anchor-a2-milk-blue.html>

English translation of the wording on the front cover

90961MR

Level 1 Home Economics 2021

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

Credits: Four

RESOURCE BOOKLET

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

Check that this booklet has pages 2–11 in the correct order and that none of these pages is blank.

YOU MAY KEEP THIS BOOKLET AT THE END OF THE EXAMINATION.