

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 2021

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

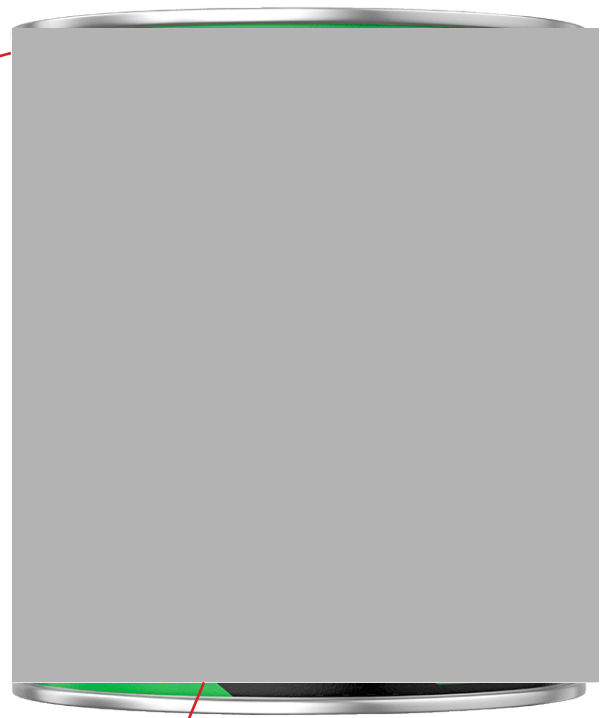
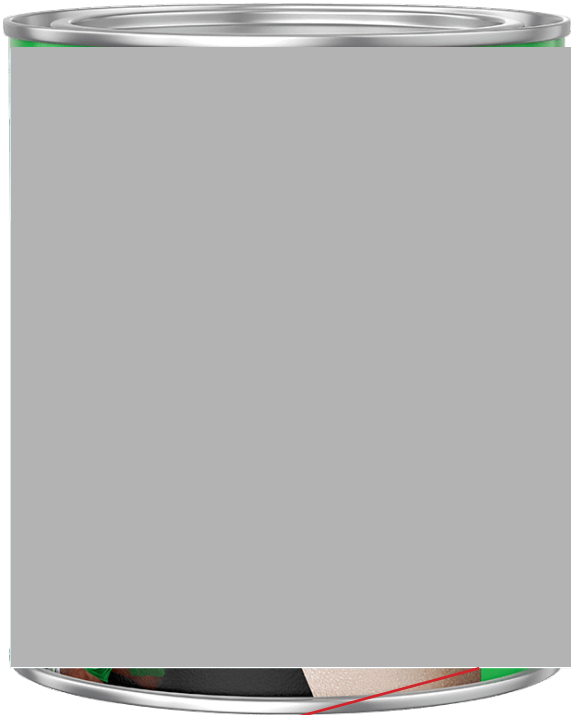
Credits: Four

RESOURCE BOOKLET

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

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

Serving size: 25g

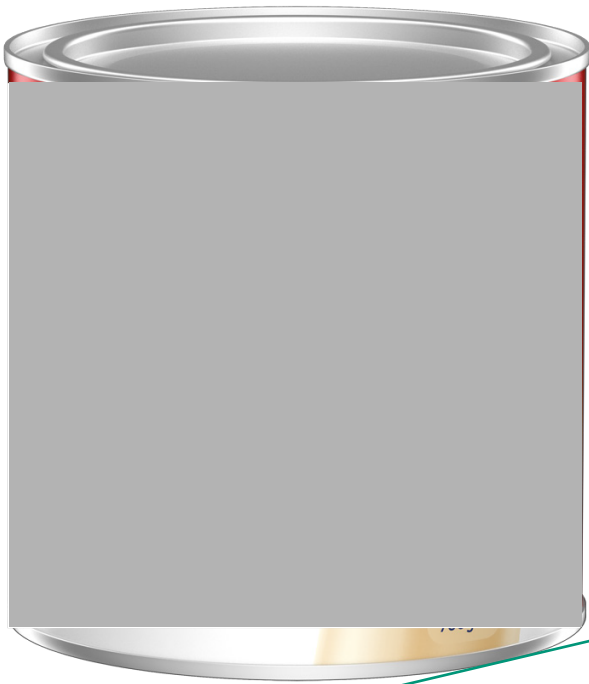
Servings per package: 15

	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.

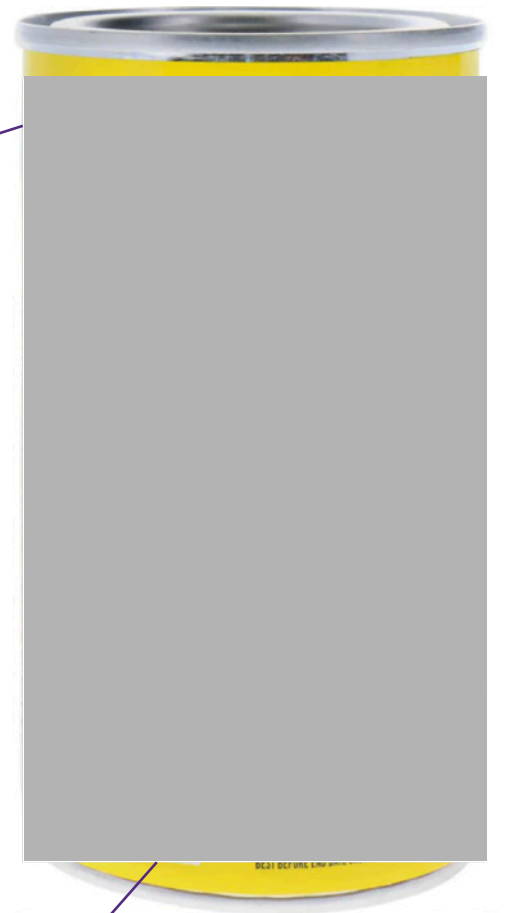
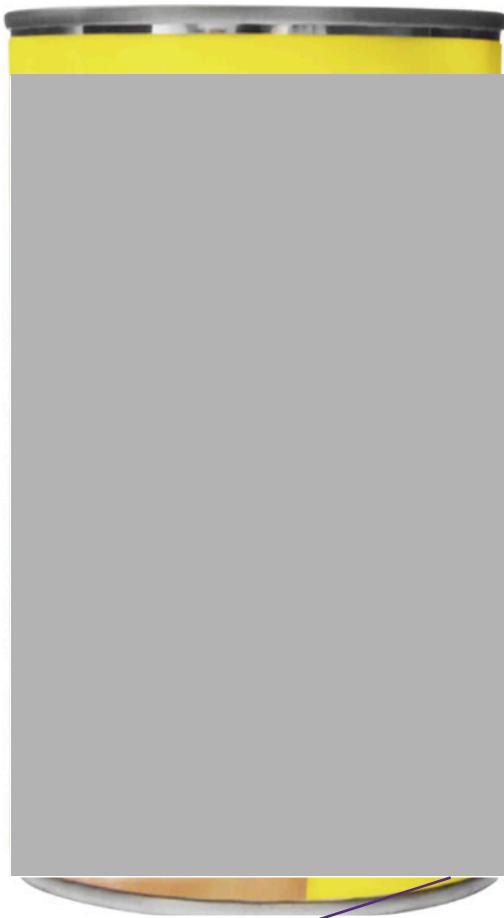
Glycemic Index = 40 (low). Made with trim milk.

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

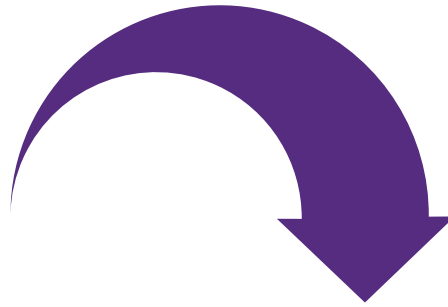
Ingredients: Non-fat milk solids (70%), sugar, maltodextrin (corn), flavour, whey protein, concentrate (milk), minerals (calcium phosphate, ferrous sulphate, zinc sulphate, potassium iodide), vitamins (sodium ascorbate, tocopheryl acetate, niacinamide, thiamine hydrochloride, pyridoxine hydrochloride,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

Contains milk.

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.		

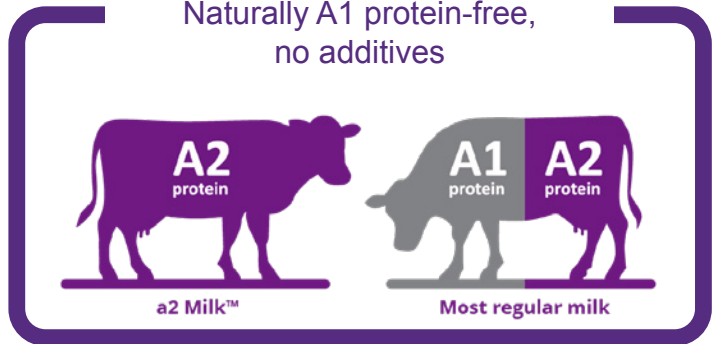
RESOURCE D: A2 Blue milk



reverse side
of product

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.

Acknowledgements

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

Page 2

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

Page 3

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

Page 4

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

Page 5

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

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

