

1

90961



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Level 1 Home Economics 2022

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

Nathan is 15 years old and lives with his parents and 3-year-old sister Theresa who is lactose intolerant. At school, Nathan has been learning about good nutrition and how important it is for physical well-being. Because Nathan and his family enjoy sport, Nathan is keen to eat nutritious food.

QUESTION

In the weekends, Nathan likes to make smoothies. He knows that not all milk products are the same, so he looks at three products available in his local supermarket. Nathan reads the nutritional and promotional features on the packaging.

- (a) Choose ONE promotional or nutritional feature (labelled A or B) from EACH of the three milk products in **Resources A, B, and C**.

Justify how your chosen feature could influence Nathan's choice of milk.

- (i) Anchor organic milk (**Resource A**)

Chosen promotional/nutritional feature: _____

- (ii) Pams regular soy milk (**Resource B**)

Chosen promotional/nutritional feature: _____

(iii) Vitasoy oat milk (**Resource C**)

Chosen promotional/nutritional feature: _____

- (b) (i) Theresa (Nathan's sister) is lactose intolerant. Identify which of the three products would be suitable for her to drink and explain why. In your response, include other possible health benefits that Theresa may gain from drinking this milk (refer to information on the label).

The table below shows the amount of saturated fat, sugar, protein, and calcium (per 100g) for EACH of the three milk products.

(per 100g)	Anchor Organic Milk	Pams Soy Milk	Vitasoy Oat Milk
Saturated fat	2.3g	0.4g	0.3g
Sugar	4.8g	1.9g	1.0g
Protein	3.6g	3.3g	0.6g
Calcium	117mg	120mg	120mg

(ii) Based on the nutritional information above, state the best choice of milk for Nathan.

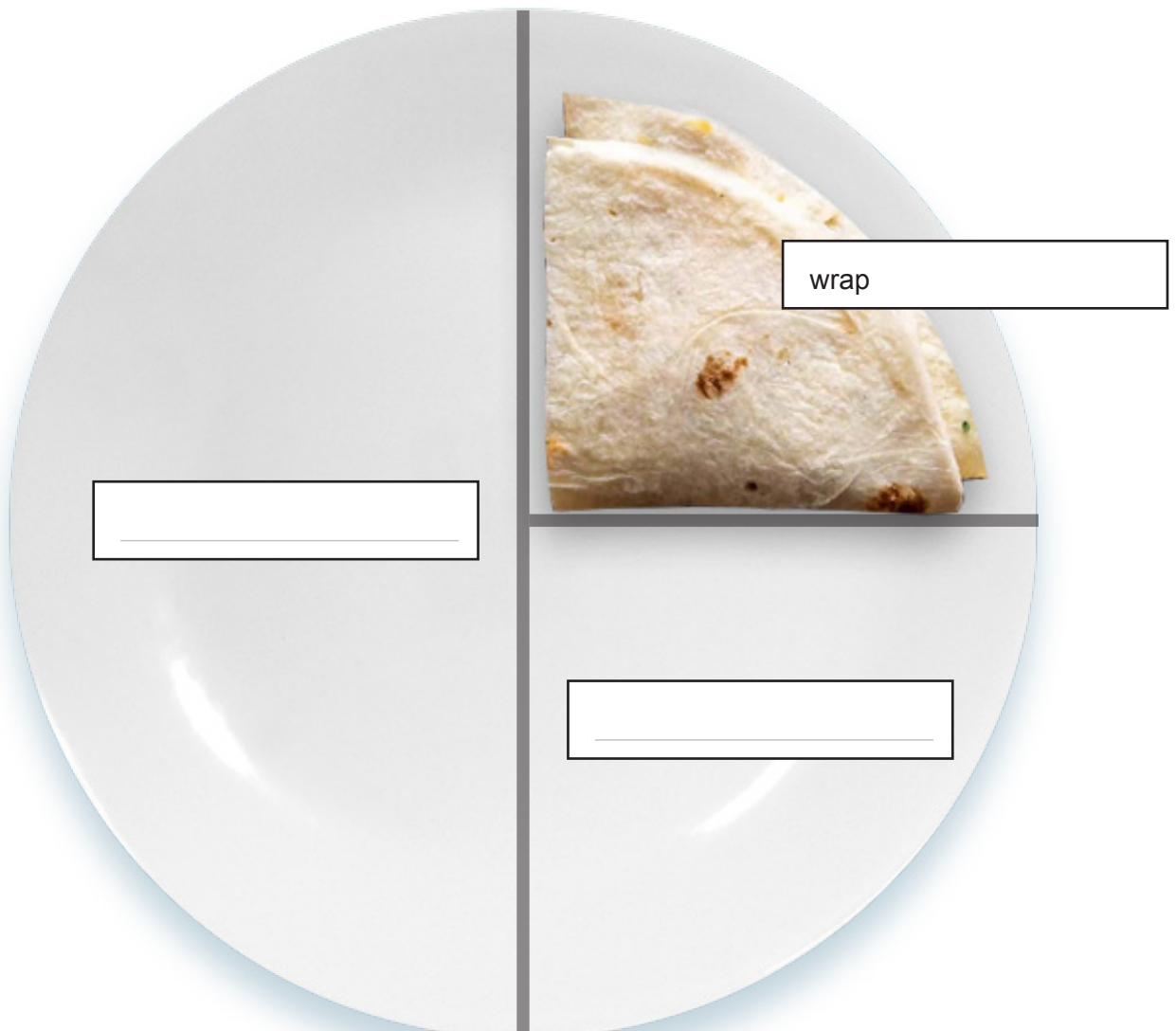
Justify why this would be the best choice of milk for Nathan by considering:

- nutritional and packaging information (use examples from the resource booklet)
- your own knowledge of the *Food and Nutrition Guidelines*
- how this may affect physical well-being / taha tinana.

Nathan decides to make savoury wraps to create a quick, easy, and nutritious evening meal.

- (c) Compare the wrap recipes in **Resource D**. Justify why Nathan's own recipe would be more nutritious for him compared to *Farrah's* store-bought wraps.

- (d) (i) The ideal dinner plate model shows the ingredients in a meal in the proportion required to make it nutritionally balanced. In addition to the empty wrap (top-right), recommend suitable fillings for the wrap in the other two sections of the dinner plate that Nathan could use to make a nutritious dinner for his family.



(ii) Explain why Nathan’s wrap recipe and chosen fillings make Nathan’s evening meal nutritionally balanced.

In your response, consider:

- nutritional benefits to physical well-being
- your own knowledge of the *Food and Nutrition Guidelines*
- cooking methods.

(e) Nathan’s family decides to finish off their meal with the dessert shown in **Resource E**. Identify two nutrients that would be present in this dessert and explain how they would be beneficial to the family’s health.

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

QUESTION
NUMBER

90961

Acknowledgements

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

Page 6

plate: <https://www.pngegg.com/en/png-dnrqm/download>

wrap: <https://www.halfbakedharvest.com/>