

91470R



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 3 Home Economics 2025

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

Credits: Four

RESOURCE BOOKLET

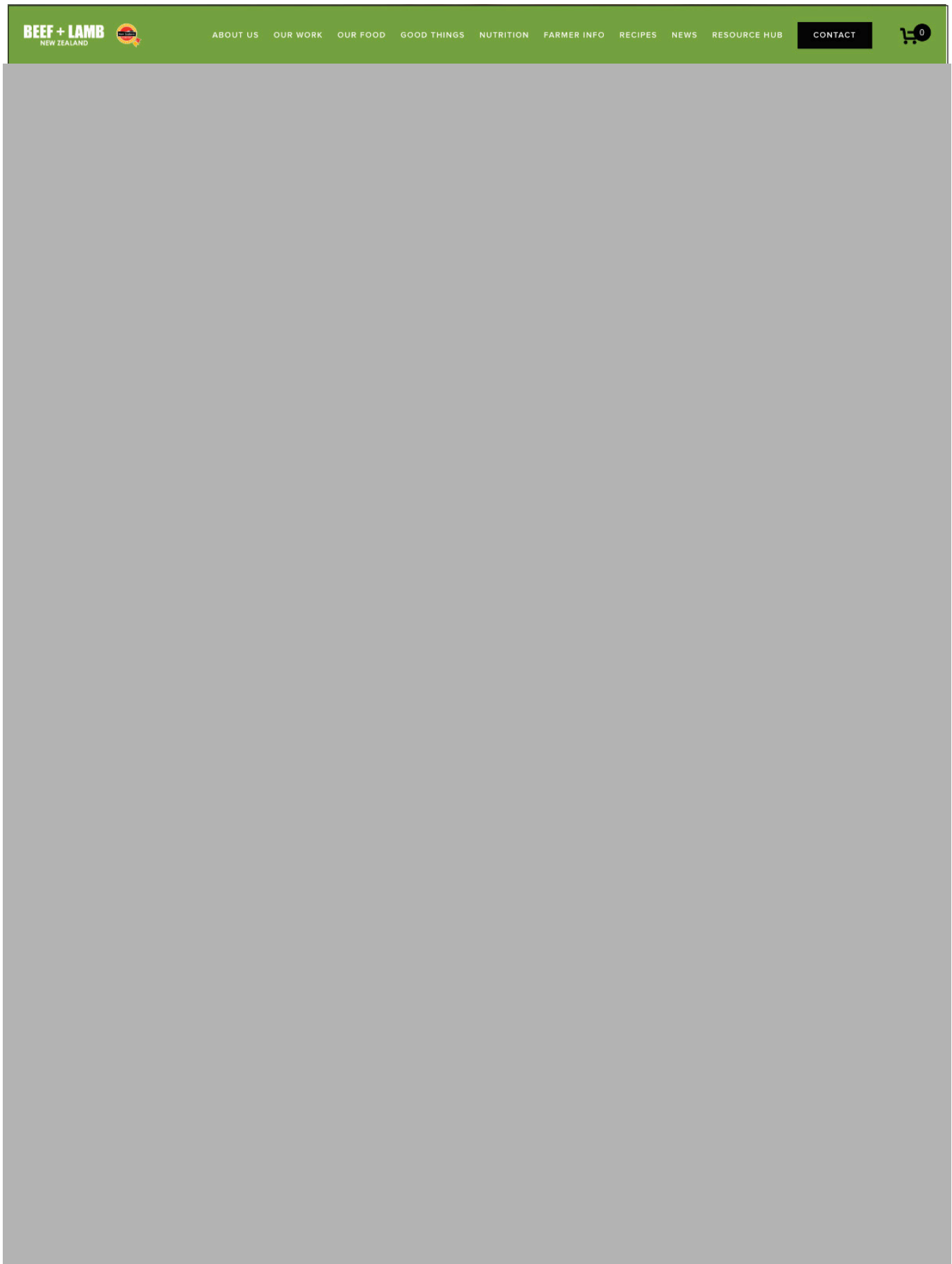
Refer to this booklet to answer the questions for Home Economics 91470.

Check that this booklet has pages 2–5 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

The following is an excerpt from an article on *Beef + Lamb New Zealand's* website.



RESOURCE B

The following is an excerpt from an article on the *Heart Foundation's* website.



Is meat good for you?



RESOURCE C

The following is from the supermarket brand *Pams'* website.

Pams Plant Based Sausages 6ea

Acknowledgements

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

Resource A

Beef + Lamb New Zealand. *The role of red meat in healthy & sustainable New Zealand diets*. Retrieved April 3, 2025, from <https://www.beeflambnz.co.nz/role-of-red-meat>

[Illustration]. Retrieved April 3, 2025, from <https://www.beeflambnz.co.nz/how-much-meat-can-i-eat>

Beef + Lamb New Zealand (2020, November). *Where does red meat fit in today's healthy & sustainable diets?* [summary report]. <https://static1.squarespace.com/static/5afa23cc50a54ff627bbcea9/t/5fbda5d42dd96f5918a8fc30/1606264326976/role+of+red+meat+summary-email.pdf>

Resource B

Heart Foundation logo [image]. Retrieved April 3, 2025, from <https://www.facebook.com/photo.php?fbid=993267672807452&set=t.100064650522863&type=3>

Hursthouse, N. (n.d.) *Is meat good for you?* Heart Foundation. <https://www.heartfoundation.org.nz/wellbeing/healthy-eating/nutrition-facts/is-meat-good-for-you>

Resource C

Pams. (n.d.) *Pams Plant Based sausages 6ea*. <https://www.pams.co.nz/product-finder/5287679>

Pams. (n.d.) *Sausage & bean cassoulet*. <https://www.pams.co.nz/recipes/sausage-and-bean-cassoulet>

Pams. (n.d.) *What is plant-based eating?* <https://www.pams.co.nz/discover/articles/what-is-plant-based>

