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Level 1 Home Economics, 2017

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

2.00 p.m. Tuesday 21 November 2017
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 the questions in this booklet.

Pull out Resource Booklet 90961R from the centre of this booklet.

You **MUST** use the resources provided in the resource booklet to answer the questions.

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 2–12 in the correct order and that none of these pages is blank.

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

**High
Achievement**

TOTAL

8

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INSTRUCTIONS

Read **Resource Booklet 90961R** and the scenario below, and refer to them when answering Questions One and Two.

Tahlia's Scenario

Tahlia is a Year 11 student, and plays netball. Her brother Jake is in Year 13, and plays in a football (soccer) team, for their college.

Tahlia takes Home Economics as a subject at school and is learning about reading food labels and making nutritious food choices. Tahlia and Jake's parents both play sports and are careful with the food choices they make.

None of the family has a food allergy.



QUESTION ONE: SNACK BARS

Read the scenario below, and refer to it, as well as **Resource A** on pages 2–7 of the resource booklet, when answering this question.

Tahlia is looking at suitable snack bars for her and her sporty family to eat before games and sports practices.

She looks at the front of the packaging on each product, then reads the nutrition information on the side or back panel, and checks out the promotional and nutritional features before making a choice.

- (a) Explain how and why the nutritional and promotional features from the snack bars in the table on the following page, could influence Tahlia's food choice.

Feature	Explain how and why this feature could influence Tahlia's food choice
<p>(i) Tasti Made Simple Wholefood Bars</p> 	<p>This feature could influence Tahlia's food choice as she would have learnt in home economics that this rating shows that the snack has a health rating of 3.5/5 and that this implies that the snack is reasonably healthy.</p>
<p>(ii) Mother Earth Fruit Sticks</p> 	<p>This feature could influence Tahlia's food choice as the image of the bear implies the idea of the snack being healthy and natural. The wording below may influence her choice as it shows that the brand supports enviro schools which help</p>
<p>(iii) Mother Earth Fruit Sticks</p> 	<p>This feature could influence Tahlia's food choice as she may have learnt in home economics that some artificial colours and flavours can be bad for your body and carry health risks as they can be made of unhealthy chemicals.</p>

the
environment.

- (b) Tahlia has been taught in her Home Economics class to consider all of the nutrients in food products to make an informed choice. She has decided the Nice & Natural Protein Nut Bars are the better choice of snack bar.

- (i) **Write** the amount of total fat, sugar, and fibre (per 100g) for EACH snack bar in the chart below.

Note: The amounts of protein have been entered for you.

- (ii) **Underline** the ingredients that contain fat for EACH snack bar's ingredients list in the chart below.
- (iii) **Circle** the ingredients that contribute to the sugar content for EACH snack bar's ingredients list in the chart below.

Per 100 grams	Tasti Made Simple Wholefood Bars	Nice & Natural Protein Nut Bars	Mother Earth Fruit Sticks
Protein	7.7g	25.5g	4.5g
Total fat	14.7g	34.3g	3.0g
Sugar	46.6g	6.6g	25.6g
Fibre	8.8g	12.9g	3.4g
Ingredients	Dates, roasted cashews, cocoa powder, coconut, natural coconut flavour.	Peanuts, soy protein crisps [soy protein isolate, tapioca starch, soy lecithin, salt], glucose syrup, chicory fibre, superseeds [sunflower seeds, pumpkin seeds, chia seeds], dried cranberries, dried goji berries, sunflower oil, quinoa crisps, glycerine, natural flavour, citric acid, soy lecithin, caramelised sugar syrup, stevia.	Wheat flour, raspberry filling [fruit: concentrated apple puree, raspberry puree], glucose syrup, humectant [glycerol], sugar, gelling agent [pectin], wheat fibre, firming agent [calcium lactate], natural flavour, acidity regulator [citric acid], fruit and vegetable concentrates [black carrot, blackcurrant], maltodextrin, golden syrup, invert sugar, brown sugar, sugar, desiccated coconut, [coconut, colour stabiliser: 223, (sulphites)], dietary fibre [inulin], raising agents (450, 500), butter [cream (milk), salt], sunflower oil, emulsifier (471), natural flavour, salt, wheat bran, wheatgerm, natural colour [annatto].-

(c) The Nice & Natural Protein Nut Bars contain the most protein.

(i) Explain why having enough protein is important for Tahlia and her family.

Protein is good for Tahlia and her family as it is vital for muscle/tissue growth and repair. The family is very active so their bodies

require protein more and the children are still growing so protein is a necessity for the growth. (ii) Justify HOW and WHY the Nice & Natural Protein Nut Bars are the best choice for Tahlia and her family members to eat before games and sports practice.

Consider factors such as:

- the effect of eating fat and sugar on physical well-being
- your own knowledge of the *Food and Nutrition Guidelines* (FNGs) for active teenagers.

PLANNING

Tasti ←
less than $\frac{1}{7}$ sugar of

Motherearth ←
less than $\frac{1}{4}$ sugar of

most fat - can burn it off ~~on~~ actively
however one serve is only 10g so not bad.

choose foods low in sugar
~~eat~~ ^{enough} food to support growth, activity and maintain healthy body size.

The ~~one~~ Food and Nutrition Guidelines (F.N.G) states that you should choose foods low in sugar. Nice and Natural bars have the lowest sugar content out of

Part (c) (ii) continues on the next page

the three choices with less than $\frac{1}{4}$ of the sugar content in Motherearth bars and less than $\frac{1}{7}$ of the sugar content in Tasti bars. Sugar is bad for Tahlia and her family as it can cause dental decay in ~~the~~ ^{the} short term. In the long term, ~~such~~ ^{problems such as} a high sugar diet can lead to weight gain, obesity, type 2 diabetes or heart disease. The F.N.G also states to choose foods low in fat. Nice and Natural bars have the highest fat content. Fat is bad for Tahlia and her family as it can cause weight gain in the short term and in the long term can lead to obesity and an increased risk of heart disease. ~~Nice and Natural bars have the lowest~~ ~~Nice and Natural~~ ~~although~~ ~~since~~ each family member will only have one serve of Nice and Natural, the ^{amount of} fat ~~that is eaten~~ ~~is~~ eaten will be burned off in the sport following afterwards. Nice and Natural bars have the highest protein content. Protein is important for Tahlia's family as they are all very active. Protein is vital for the growth and repair of muscle/tissue. For Tahlia and her brother, protein is a necessity in their diets as they are both at a stage in their lives where body growth is at a high rate. The F.N.G states ~~that~~ to eat enough for growth and activity. //

04

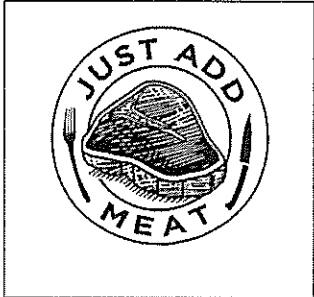
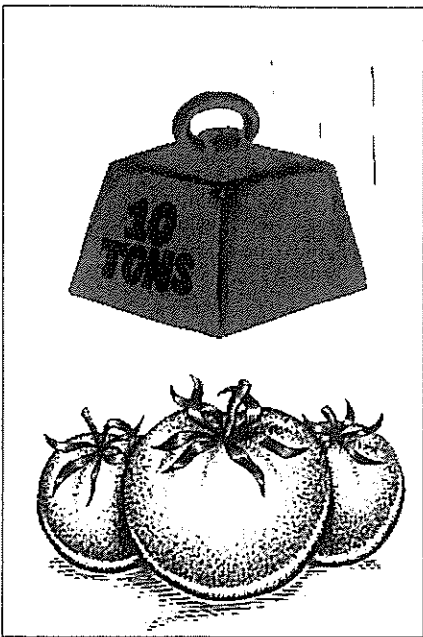
QUESTION TWO: KILLER SAUCE FOR SPAG BOL

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Read the scenario below, and refer to it, as well as **Resource B** on pages 8 and 9 of the resource booklet, when answering this question.

Tahlia, Jake, and their parents want a quick meal to cook so they can attend sports practices. Tahlia's mum has brought home "Killer Sauce for Spag Bol" for them to use. They already have dried spaghetti in the cupboard.

- (a) Explain how and why the promotional features from the Killer Sauce for Spag Bol in the table below, and on the following page, could influence their mum to buy it.

Feature	Explain how and why this promotional feature could influence Tahlia and Jake's mum to buy the Killer Sauce for Spag Bol
<p>(i)</p> 	<p>This could influence their mum as it implies that it is very simple to use and that it will be quick to prepare. They need an to prepare food quick as they have sports after and this implies a quick and easy meal so that they can go faster.</p>
<p>(ii)</p> 	<p>This could influence their mum to buy this as it implies that it has lots '10 tons' of tomatoes in in the sauce. This would influence her as it would give her the idea of it being packed with healthy nutrients that are from tomatoes.</p>

(iii)

FEEDS 4 HUNGRY MOUTHS

This could influence their mum to buy this as she needs enough food to feed everyone (4 of them) and they need a lot of food as they have sports afterwards. 'Hungry' implies that each serve is large so then it will be enough for each family member.

(b) According to the *Food and Nutrition Guidelines*, the amount of meat suggested is too much for Tahlia's family's well-being.

- (i) Tick the total amount of beef mince that is most appropriate for a meal intended to meet the needs of a family of four.

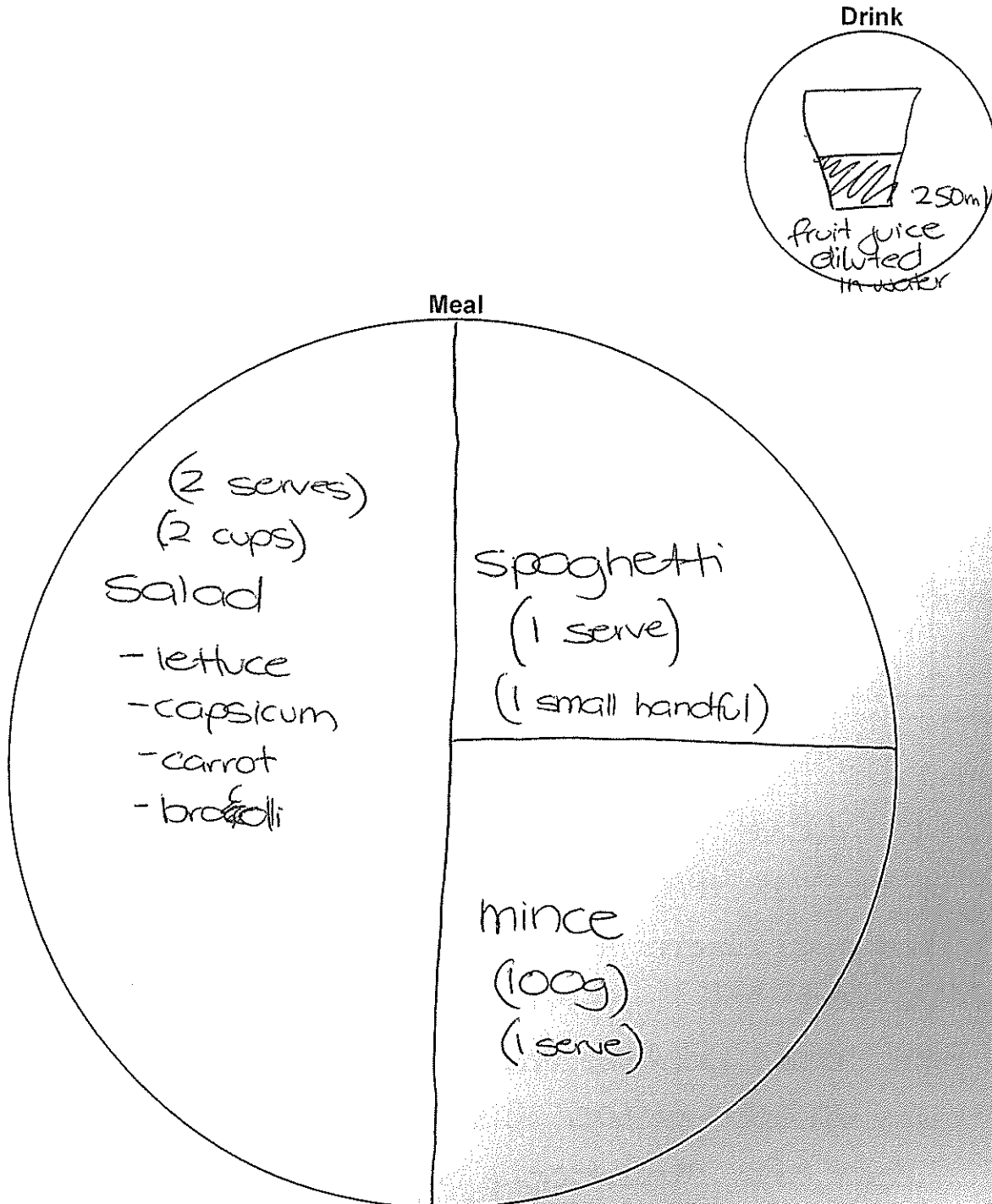
Amount of beef mince	Tick <input checked="" type="checkbox"/> ONE
700 g	<input type="checkbox"/>
500 g	<input checked="" type="checkbox"/>
300 g	<input type="checkbox"/>
200 g	<input type="checkbox"/>

- (ii) Red meat is a good source of iron.

Describe the effect of eating enough iron on Tahlia's and Jake's physical well-being.

Eating enough iron is important for Tahlia and Jake as they are both teenagers and growing. Iron supports having healthy red blood cells so that they can keep up with all the energy-required activities they need to do. It is especially important for Tahlia as she may get menstruation and therefore needs extra iron in her diet to make up what she loses.

- (c) Tahlia is making the Killer Sauce for Spag Bol meal for her family. Her mum has told her to use mince and spaghetti as a base for the meal, and to choose other ingredients to complete the meal. The meal needs to have a wide range of nutrients and be quick to make.
- (i) Draw and label the complete meal as an 'ideal plate model' below, indicating the portion sizes of the ingredients, as well as identifying an appropriate drink.

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USE ONLY

Part (c) (ii) continues on the next page

- (ii) Justify your chosen meal by explaining the benefits of the **additional food** you have placed on the plate, and your choice of **drink**.

Consider factors such as:

- your own knowledge of the *Food and Nutrition Guidelines* (FNGs)
- preparation and cooking time
- additional nutrients and their contribution to the physical well-being of Tahlia's family.

PLANNING

vitamin c helps absorb iron

water in juice for ~~healthy~~ hydration

salad for eat variety of foods
and nutrients

-easy to prepare

I gave Tahlia and her family fruit juice that has been diluted with water. I gave them fruit juice as it contains a lot of nutrients that are good for their bodies. Fruit juice contains vitamin C which helps with absorption of iron into the body. I diluted the juice in water to decrease the sugar content as sugar causes tooth decay and can cause type 2 diabetes and increase chances of heart disease.

The water in the fruit juice will help with the families hydration and prevent dehydration. It also aids their digestive system. ~~By~~ ~~keep~~ The F.N.G states to drink plenty of water each day.

I gave Tahlia and her family a salad to go with their spag bowl as vegetables are packed with necessary nutrients that will keep their bodies healthy. A salad is fast and easy to prepare so that they can get to their sports on time. It does not require any cooking so there are no added fats or oils and no nutrients have been lost.

The F.N.G states to ~~choose~~ eat a wide variety of foods. It states this so that their bodies get all the nutrients that they require to function properly.

Annotated Exemplar

Achievement exemplar 2017

Subject:	Home Economics	Standard:	90961	Total score:	08
Q	Grade score	Annotation			
1	04	The candidate provides M5 knowledge in the nutritional questions, but did not gain an M5 in total because their understanding and explanation on how nutritional and promotional features influence food choice was not in-depth. The candidate also did not answer part (b) (ii) or (b) (iii).			
2	04	The candidate shows more of an in-depth understanding of the nutritional and promotional features in Question Two. However, the candidate needed to discuss the benefits of the additional food in (c) (ii) and how these contribute to physical well-being to gain an M5.			