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90961



Level 1 Home Economics, 2012

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

2.00 pm Friday 23 November 2012 Credits: Four

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of how packaging information influences food choices and well-being.	Demonstrate in-depth understanding of how packaging information influences food choices and well-being.	Demonstrate comprehensive understanding of how packaging information influences 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.

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 2–10 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.

TOTAL

You are advised to spend 60 minutes answering the question in this booklet.

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Manufacturers design their packaging to promote their product and encourage people to buy it.

Read and refer to Resource Booklet 90961R when answering Parts A and B on pages 2-8.

QUESTION

PART A

Refer to **Resource A** on page 3 of the resource booklet when answering (a)–(c).

(b) Consider the nutritional information from the "Easy Mac Cheese" packaging shown below.

Note: This information is for one serve (195g) of **cooked** Easy Mac Cheese.

Energy	Protein	Sat Fat	Carbs	Sodium
1175 kj	8.0 g	3.9 g	44.2 g	554 mg
DI*	DI*	DI*	DI*	DI*
14%	16%	16%	14%	24%

Discuss how the amount of protein, saturated fat, carbohydrate, and salt in one serve of the "Easy Mac Cheese" could influence individuals' food choices, using information from Resource A and considering factors such as:

- your own knowledge of the Food and Nutrition Guidelines (FNG)
- daily intake (DI*) levels of EACH nutrient
- the effect on physical/taha tinana well-being.

(i)	Protein:	ASSESSOR'S USE ONLY
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		-
		-
		-
		-
(ii)	Saturated fat (sat fat):	-
		-
		-
		-
		-
		-
		-
(iii)	Carbohydrate (carbs):	
()	Carbonyarate (carbo).	-
		-
		-
		-
		-
		-
(iv)	Salt (sodium):	

Consumers ma	v look for nutriti	onal disadvant	tages in produ	ucts before bu	vina.	
	hensive unders	tanding of the	se by identify	ing and descri	bing the overall	
Use the space I	pelow to plan yo	our ideas, and	then begin yo	our answer to	(c) on page 5.	
		PLANNI	NG SPACE			

in your answer to (c) here:	ASS US

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Read **Resource B** on pages 4 and 5 of the resource booklet and refer to it, and the scenario below, when answering Part B.

Scenario

Sam is a teenager who arrives home tired and hungry after a busy, active day at school, and a long basketball practice. It is Sam's turn to cook the evening meal for himself, his teenage brother, and his Mum, who has to rush to a meeting soon after she gets home from work. Preparing nutritious meals and sitting down together to eat is valued by the family.

Select the food products from Resource B that Sam should use for the evening meal.

Explain and justify your choices, considering factors such as:

- packaging information
- your own knowledge of food and nutrition
- Sam's situation
- the relevant dimensions of well-being:
 - physical/taha tinana
 - mental and emotional/taha hinengaro
 - social/taha whānau
 - spiritual/taha wairua.

Use the space on page 7 to plan your ideas, and then begin your answer.

PLANNING SPACE	ASSESSOR USE ONLY
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Begin your answer here:	

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