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2

91300



913000



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## Level 2 Home Economics, 2019

### 91300 Analyse the relationship between well-being, food choices and determinants of health

2.00 p.m. Tuesday 19 November 2019  
Credits: Four

Achievement	Achievement with Merit	Achievement with Excellence
Analyse the relationship between well-being, food choices and the determinants of health.	Analyse, in depth, the relationship between well-being, food choices and the determinants of health.	Comprehensively analyse the relationship between well-being, food choices and the determinants of health.

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 91300R 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 2–10 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.**

**Achievement**

**TOTAL**

**03**

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## INSTRUCTIONS

Read **Resource Booklet 91300R** and refer to it, as well as your own knowledge, when answering the question in this booklet.

Use the space below to plan, then begin your written response on page 3.

### PLANNING (OPTIONAL)

#### How do the determinants of health affect well-being and food choices?

Access to healthy food

local dairy - bikes  
farmers market - walks  
grandparents - drive  
Canteen - school

Social support

Grandparents near by.  
children help cook meals

Other determinants in the scenario - Economic

works long hours  
over time pay  
one car

Kids - buy lunch from canteen  
has money to buy fresh veges, fruit & meat

## QUESTION

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- (a) (i) How are the **food choices** made by the Rahapa family influenced by opportunities to access **healthy food**? Give at least one example from the scenario to support your answer. Healthy food is a determinant of health.

**Access to healthy food:**

The Rahapa family are very lucky to have many ways to access healthy food such as the farmers market, grandparents house and even the school canteen for Aroha and Linton. One that stood out to me the most was the farmers market. By being able to access that nearly every weekend is really beneficial for getting all the right key nutrients to grow and develop properly and especially for the teenagers. Because without having easy access to healthy food would be really tough and could cause long lasting effects such as diabetes, obesity and heart disease.

- (ii) How are the **food choices** made by the Rahapa family influenced by their network of **social support**? Give at least one example from the scenario to support your answer. Social support is a determinant of health.

**Network of social support:**

Once again the family is very lucky by having social support by Erana's parents who live just outside of town who cater for them every Sunday for a meal and allowing the

Question (a)(ii) continues on page 4 ►



teenagers<sup>to</sup> have an experience with their seven animals, which include free-range chickens<sup>is</sup> which provide eggs, and home kill meat which the Rahapa family take home to have later. And the home-kill meat will be really good as it will be less processed.

- (b) How do the Rahapa family members' food choices affect their well-being, positively and/or negatively? In your answer, refer to the **dimensions of well-being**.

For Erana's food choices she doesn't have much option as she works long hours and has no choice to eat what's close by but luckily enough for her, her meals are free but are highly processed "convenient" food which are not likely going to fill her <sup>physically</sup> up<sup>1</sup> and are definitely not giving her the right nutrients she needs to work long hours and ~~to~~ even work over time. She will not be able to concentrate and function properly ~~at~~ her work, which she has said it can be very stressful. But by having these meals <sup>for</sup> free she is saving a lot on money by not having to buy two meals a day for her ~~to~~ have at work. Henry bikes to work which is close to home and by doing this spiritually and physically he should be feeling good, which will be a good impact on him.

which is mentally and emotionally draining.

Also for Erana, by having her meals at work and she can socialise with other work mates which she will greatly benefit from.

By having the family go to Erana's parents' house every Sunday this will be good for their social well-being as well as the teenagers' spiritual well-being by helping to take care of the animals which could also help with physical well-being.

Also by having the teenagers cook some nights it could help both of them with spiritual, mental and emotional well-being as well as being social and helping one another and their parents from having a stressful day at work and not have to cook dinner.



- (c) Explain how access to healthy food, social support and **at least one other determinant of health** affect the Rahapa family's well-being. In your answer, **consider interconnections** between the dimensions of well-being, determinants of health and food choices.

Having access to healthy food helps with all well-beings as they can be social at the farmers market. they can choose from a large variety of fruits, vege's and meat which will help with spiritual, mental and emotional, and by being able to work there from their house helps with physical, which helps keep the family fit and healthy together. By being close with <sup>them</sup> the grandparents it would have helped keeping social as well as being not stressed by having to cook dinner and being able to get away from work and talk about something else. By working all together two jobs that I'm guessing pay well, they won't have to work <sup>as</sup> much about the money situation and in the scenario it doesn't say anything about financially or economically struggling. <sup>as</sup>

- (d) Discuss the ways that the food choices made by families such as the Rahapa family can have an impact on New Zealand society. Relate your answer to the scenario in the resource booklet.

By being able to walk to a farmers market to access and buy healthy products such as fruits, vege's and meat which will not be as near processed or sprayed as supermarket

Question continues on page 8 ►



foods which will then be better for consumers and at a farmers market there will more likely be more variety and even cheaper than at the supermarket. By having lots of people access this I think it ~~will~~ help with economic, transport, healthy food and all dimensions of well-being in today's society. "



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

QUESTION  
NUMBER

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## Achievement Exemplar 2019

Subject	Home Economics		Standard	91300	Total score	03
Q	Grade score	Annotation				
1	03	In this script the candidate has showed a good variety of well-being on determinants of health on food choices. However, the analysis of this information was brief (e.g. 'she can socialise with work mates which she will greatly benefit from', and 'physically he should be feeling good, which will be a good impact on him'). The candidate needed to have explain these benefits to attain a higher grade.				