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3

91470



914700



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD  
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

SUPERVISOR'S USE ONLY

## Level 3 Home Economics, 2019

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

2.00 p.m. Wednesday 13 November 2019  
Credits: Four

Achievement	Achievement with Merit	Achievement with Excellence
Evaluate conflicting nutritional information relevant to well-being in New Zealand society.	Evaluate, in depth, conflicting nutritional information relevant to well-being in New Zealand society.	Evaluate comprehensively conflicting nutritional information relevant to well-being in New Zealand society.

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 91470R 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 2–11 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.**

Excellence

TOTAL

08

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**INSTRUCTIONS**

Read **Resource Booklet 91470R** before answering the question in this booklet. Use the resources, as well as your own nutritional knowledge and understanding, to comprehensively evaluate conflicting nutritional information relating to **nutritionism**.

**QUESTION**

- (a) Analyse the possible impacts of the conflicting nutritional information presented in the resources on the well-being of New Zealand society.

**Resource A:** *Amazing Wellness Website*

One way that this article positively impacts the physical wellbeing of NZ society, in particular the main target audience; millennials is that people who purchase this multivitamin product are going to receive all round get health benefits. Although it is not clear the actual results the vitamin will allow/bring to an individual's body for example the vitamin packaging doesn't state any specific benefits like e.g. vitamin C ~~from~~ encourages absorption of iron. It can be conflicting to the reader as they are trying to be sold a product which ideally promotes all round health benefits, but is then told to 'leave by the coffee maker, so you'll remember'. This is greatly contradicting because coffee minimizes and negatively impacts a lot of the absorption of the multivitamins in the multivitamin product, so the audience could be left confused to the purpose of the product.

**Resource B:** *Mediterranean Diet Review*

A positive impact that Article B has to the mentality aspect of an individual's health is they are purely promoting a lenient direction for kiwis to move towards in terms of diet - the Mediterranean diet. The article provides insightful information and

relative research, like how drastic health changes have been for people in the age bracket of 57-61. The majority of ~~the~~ people living on this <sup>wholesome/nutritious</sup> diet have no chronic diseases, ones like type 2 diabetes, and kidney disease - both of which are strongly linked to our poor diet filled with processed foods that only encourage sickness. Mental and emotional wellbeing is said to be positively affected with many people having increased mental health & cognition. In NZ, mental health is one of the leading causes <sup>of</sup> death, <sup>suicide</sup> in millennials especially, which is thought in the uptake of this diet - people would overall be happy and more social with friends and family.

Resource C: Food Politics Blog

The wellbeing and haora of kiwi's across NZ <sup>overall</sup> <sup>have increased after</sup> acknowledging the simple guidelines provided by Marion Nestle - a very highly regarded Nutritionist. The guidelines were published to the entire Brazilian population - which suggests they are <sup>un</sup>biased, and inclusive of multiraces, genders, age profiles and <sup>many</sup> individual needs. The article promotes excellent social living, and focus's people to spend more time appreciating the growing, cooking, and eating processes that eating wholesome, nutritious food provides. Although, it is <sup>un</sup>clear and somewhat confusing of the specific ways that people can increase their health, regarding these guidelines. overall, the guidelines are published into book form and accessible over the internet, so it is likely the author had the best intentions to promote a healthy lifestyle in all aspects of haora.

like what is there to be wary about in packing.



**Resource D: Food Industry Advertisements/Packaging**ASSESSOR'S  
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The positive impacts that these packaging has on the consumer is that they are nutrient focused. For example, the iron provided in the nutri'grain promotes healthy production of red blood cells, and enables more oxygen to reach the heart, ultimately making the consumer less fatigued and tired. However, highly processed foods and cereals are considered to be complex carbohydrates, and so do not sustain the body's energy levels for a very long period of time. Alongside this, longterm physical wellbeing to teeth is expected to occur as a result of high levels of sugar in these products. The packaging can be very misleading, as it only promotes the single nutrient it is high in and not so much how much sugar is in the product.



- (b) Analyse the underlying intentions of the different information relating to nutritionism presented in Resources A to D, drawing conclusions about the credibility of the information and those presenting it.

**Resource A:** *Amazing Wellness Website*

Underlying intentions: ~~The~~ intensions of the 'Amazing wellness' website is to sell or promote the consumption of their claims that the multivitamin provides the "best health supplements for millenials." The publisher typically directs her motivation to teenagers, who might naturally feel tired, and sluggish. So by stating 'millenials' she has already engaged many teenagers who hope this multivitamin ~~wh~~ will benefit their overall wellbeing.

Credibility of the information: ~~The~~ credible credibility of this website and author is very low. The title of the website suggests 'amazing' is very emotive and not scientific or to any level of profession recognition. It is likely she is only writing ~~to~~ the article to gain revenue and business success, which makes it a very biased article, and the little to no scientific or specific information does not support her claims. Not only this, but the website has links to follow upon, and email places, as to lure the audience to stay on their site and consider their product.

**Resource B:** *Mediterranean Diet Review*

Underlying intentions: ~~The~~ The underlying intensions of this article is to inform the wide public of the very all round health benefits that a mediterranean diet would provide. The main intensions ~~are~~ <sup>alternatives</sup> to suggest already proven ways / other counrey countreys are working, systeming to change health statuses. The diet has been considered to implement into NZ as a way to change our current health epidemic, and to encovage a more 'wholesome' diet rather than one which is high in processed low nutritous foods.

Credibility of the information: This article provides very credible information. Not only is the authors, highly recognised in their field, like KD Gifford - a publisher of the American Journal of Medicine. Him and the three authors of the novel are going to be unbiased, as all 3 of their <sup>valid & highly regarded</sup> opinions would have meant the <sup>results</sup> ~~guidelines~~ ~~here~~ and data provided was valid research and results of the health of people living in the Mediterranean diet and so has great credibility as a reliable source. Also produced from the most prestigious colleges - Harvard University

Resource C: Food Politics Blog

Underlying intentions: The underlying intentions of this article is to promote the crafted guidelines guidelines to the community and to the world. The intentions are indefinitely health promoting, as they include ways to improve physical, mental/emotional, spiritual and social aspects of Havora. The author is not in any way of selfpromoting her book, but to increase general interest of people to take action of their <sup>body</sup> health.

Credibility of the information:

The author, Marion Nestle is a professor of Nutrition, food studies, and public health at NYC University. Not only does this degree of credible knowledge mean her information is credible, she also has earned a PhD in molecular biology, and most importantly a MPH in public health. These alone give great credibility to this authors article, and give, clear, insightful knowledge of how

People in any country can reduce the significant health risks like cardiovascular disease, and type 2 diabetes can have on an individuals and overall cost to society.



**Resource D: Food Industry Advertisements/Packaging**ASSESSOR'S  
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Underlying intentions: ~~The~~ underlying intentions of many food industry advertisements / packaging is to gain the maximum amount of revenue from selling their products. Their products as displayed are very colourful, and bold titles, so are easily attracted to by the eyes of supermarket shoppers who believe the nutrient claims on the front of the box will benefit, mainly their growing children.

Credibility of the information: ~~The~~ credibility of the <sup>packaging</sup> ~~article~~ is very low. Although the claims about nutrients like "25% of your daily ~~re~~ iron" are truthful, it is confusing to the consumers as they may know cereals often have high amounts of sugar. Not only this but packages are covered with pictures of sports players which encourage to <sup>young children</sup> ~~people~~ to purchase their products they might too grow up to be an elite athlete. When in fact this may not be true, and often athletes avoid high carb / high sugar foods like cereals - and stick to wholesome foods. This therefore lowers the credibility of the article and ~~has~~ contradicting information to the reader.



- (c) Evaluate the various positions taken in the resources in relation to nutritionism and well-being in New Zealand.

Draw a conclusion using reasoned arguments from **your own nutritional knowledge and understanding**.

In resource A, the information provided is likely to be misleading and ~~in~~ specific to their target audience. The article uses emotive language in the way she describes how growing of crops has been depleted and eradicated, making the reader feel like there isn't many options left to get all the nutrients needed for healthy living, except through her product - "one daily multi". In the case of many millenials in NZ, the period in their life when it can be difficult to ensure all nutrients are being intaken into the diet, and this is what Lisa Turner takes advantage of. Student living and strict money budgets, may often result in teens buying cheap, easily accessible takeaway options - and are even more likely to do so as part of social interactions. Takeaways are loaded with high levels of fat, sugar and sodium - all of which are detrimental to health and long term impact may be type 2 - diabetes, hyperglycemia (too much sugar in blood) and potential for onset / early death. Although, a 'quick fix' of millenial health would be provided from the multivitamin, the issue with teenage health needs to be dealt with in the way they are actually eating, and ~~simit~~ simpler ways to learn skills for cooking, preparing, purchasing foods, rather than to take a multivitamin - that in conjunction with

Unhealthy takeaways will not have a significantly great effect.

In resource B, the <sup>to</sup> ~~to~~ information provided is likely to encourage people across the world, and particularly NZ to take up the mediterranean diet. The mediterranean diet is one that is primarily whole plant based focused. With ~~food~~ natural and organic foods like nuts, olive oil, fruits and vegetable, and minimizing or completely removing processed/complex foods. The results of the study completed by the Harvard School of Health proved in their Nurses health study that almost all of their subjects had no chronic diseases up to the age of 70.

In NZ this is far from the health culture of ~~Brazil~~ many health developed countries. By nearly 50, almost 1/3 of the pop. is likely to have acquired some health related illness. ~~It~~ NZ is also the 3rd top country for having obesity.

This trend is the cause of our imbuil and dangerous lifestyle and diet, that many families especially in hardship face. ~~When dinner meal options~~ A family living in hardship, may have two working full time, parents, ~~so~~ and at the end of each day might not have the time and energy to cook, well balanced nutritious meals. The diet culture of NZ, means more families are consuming more less nutritious, foods high in sodium, sugar and fat with very low nutritional value. For example, a family may



Extra space if required.

Write the question number(s) if applicable.

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Choose to have a mcdonalds take out, rather than a homeade burger - which could be timely and expensive. Mcdonalds burgers are extremely rich in fats, oils and sodium, - all of which are saturated fats. Saturated fat contains added hydrogen, and so makes it difficult for the body to process. As a result ~~bloo~~ <sup>excess</sup> the solvent attaches onto each blood cell, as it circulates ~~blac~~ back to the heart, the fats block the coronary arteries and if enough accumulates over a long time could lead to heart disease or heart attack. In consideration of this credible article, the NZ government should implement ways to encourage this diet to take place more often around NZ, as the data proven from it shows expansive health benefits to much of the population.

In resource D, the result of packaging and food industry advertisement ~~is~~ has a greatly impact to the health of across NZ. The primary purpose of packaging <sup>it</sup> to captivate the target audience to purchase their product. In NZ, this is a wide spread issue as people can be drawn into buying a products just because of the health claims of the front. People/ consumers



Extra space if required.

Write the question number(s) if applicable.

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may be promised e.g. "25" one of the highest protein cereals" but without observing further the other health damaging effects the body might get from overconsumption e.g. sugar. Sugar or in the form of glucose is often added to products to sweeten, and make more enjoyable to the consumer. However, high amounts can put pressure on the liver as it may not be able to process it if it is regularly eaten in high consumption. High sugar presented overtime in a diet could lead to hyperglucemia or type 2-diabetes. In NZ, food packaging regulations and guidelines need to be at the forefront of government action to tackle the largely health concerning problems. This may be the 'traffic light' system. Where foods are labelled, 'red, yellow green' according to their health and <sup>nutritious</sup> status. People would be able to clearly identify what products they are consuming and make healthien, informed choices.

## Excellence Exemplar 2019

Subject	Home Economics		Standard	91470	Total score	08
Q	Grade score	Annotation				
1	08	<p>The candidate used the exam format to their advantage and gaining an E8 in the process. They showed a thorough understanding of the conflicting resources throughout the paper, which was underpinned by their consistently providing evidence.</p> <p>The in-depth analysis of possible positive / negative impacts on well-being, along with the underlying intentions of each source, was clearly analysed. The candidate has used several tools (e.g. claims that were too good to be true and promises of a quick fix) to conclude which sources were credible and what information should be supported or refuted.</p> <p>Knowledge of nutrition was evident and applied appropriately for at least two assumptions or perceptions in the sources. Nutritionism was at the fore in all of the candidate's answers, confirming their thorough understanding of the concept.</p>				