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3

91470



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Level 3 Home Economics 2022

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

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 parts of the question 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 2–7 in the correct order and that none of these pages is blank.

Do not write in any cross-hatched area (✂). This area may be cut off when the booklet is marked.

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

Achievement

TOTAL

03

ASSESSOR'S USE ONLY

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 evaluate conflicting nutritional information relating to **the role nutrition plays in gut health** for New Zealanders.

QUESTION

(a) Analyse the nutritional information relating to gut health presented in **Resource A**.

(i) How credible is the information and its source?

Resource A can be considered somewhat reliable because it has had over 10 years of scientific development and research. But some of its claims seem to be too good to be true because it states in this article it can do all these great and wonderful things like helping maintain your weight and helping let good bacteria grow in your gut.

(ii) What is the underlying intention conveyed by the information?

This product is trying to sell more of it because it claims that are too good to be true entice customers into buying their product which are only put into this magazine article and not clearly labelled on the product itself.

(iii) What are the possible impacts of the information on people's well-being?

The possible impacts on people's wellbeing is that people are going to get misled into believing that all these great and wonderful things they are promoting will become true which in turn lowers their physical well-being.

(b) Analyse the nutritional information relating to gut health presented in **Resource B**.

(i) How credible is the information and its source?

This information can be considered very reliable because it is written by a qualified doctor who has researched and studied about good gut health.

(ii) What is the underlying intention conveyed by the information?

The underlying intention of this article is to promote good gut health by taking your time when you eat and changing a few things in your diet.

(iii) What are the possible impacts of the information on people's well-being?

The possible impacts on a person's well-being is that if they take this advice on too much they could alter their diets too quickly, which in turn upsets their guts.

(c) Analyse the nutritional information relating to gut health presented in **Resource C**.

(i) How credible is the information and its source?

This information can be considered somewhat credible because it is written by Professors and Doctors but they do not necessarily endorse the information and products (as) advertised in the magazine article.

(ii) What is the underlying intention conveyed by the information?

The underlying intention of this article is to try and make you think about your gut health and if you should be taking probiotics and eating more whole foods in your diet.

(iii) What are the possible impacts of the information on people's well-being?

The possible impacts on a person's well-being is this is not fully scientifically tested and there's also no way to justify what this article is claiming because no health professional or scientist has put their name to this work.

- (d) Which of the three resources is the most credible in relation to nutritional information about gut health? Justify why you chose this over the other two resources.

In your answer, include:

- the position and intent conveyed by the information
- possible impacts of the information on New Zealanders' well-being
- your own nutritional knowledge.

The most useful resource in the resource booklet is Resource B because it is written by a health professional. The reason why I chose Resource B over Resource A is that Resource A is trying to sell more of its product and Resource C's claims are just too good to be true. The intention conveyed by the information ^{and} Resource B is to take more time when you are eating because it helps your gut feel better and helps process the food better. Resource B also goes on to say if you eat wholefoods which are not processed like artichokes, leeks, garlic, onions and asparagus in your daily diet it can help promote good gut bacteria which helps improve your wellness. The possible impact on New Zealanders' wellbeing can help them feel more motivated to complete work and be more confident in their self appearance. By having a balanced gut you are less likely to be fatigued and more willing to do work, which in turn makes you happier and feel like you've accomplished something at the end of each day. You can do this by having less processed foods and saturated fats in

Extra space if required.

Write the question number(s) if applicable.

QUESTION
NUMBER

d. your diet. You can simply do this by replacing these foods with wholefood which promote good gut health. Which are things like grains, nuts, fruit and vegetables which have not been processed.

Achievement Exemplar 2023

Subject	L3 Home Economics	Standard	91470	Total score	03
Q	Grade score	Annotation			
1	03	This exemplar shows some evidence of analysing conflicting information in part (d). Some clear thinking with nutritional links and well-being are demonstrated, but the overall description lacked critical thinking. This exemplar could gain a higher level of achievement should the candidate have correctly analysed <u>two</u> resources.			