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# 3

91470



914700



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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.**

**Merit**

**TOTAL**

**06**

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?

The information provided seems to be reasonably credible however the information does seem to be promoting a product instead of showing us ways to manage our gut health without using this product. The source does not include any links into relation if the information is true or not, however it does provide us with a link to their website as well as an enquiry link and pharmacies link. It also states it is foomap friendly, researched by Australian universities (although it does not include information of what ones) and stating it is made in Australia from 100% Australia ingredients.

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

The underlying intention is that the company is stating that this prebiotic is the answer for having a healthy gut due to it managing our diet and digestion which contains prebiotics and micronutrients which produce beneficial short chain fatty acid. They are also trying to show the consumers that we can normalize bloat and dietary indigestion and digestion as this product would help out with keeping it under control and managing it.

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

This might affect someone's mental and emotional well-being as they might be angry or upset that this magazine doesn't provide any information on how to help our guts without purchasing something. It might also affect someone's mental and emotional well-being if they have purchased this item as it may not have the results that they were hoping to see and therefor become upset and angry that there isn't an easier way to fix an unhealthy gut.



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

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

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This information is quite credible as it is written/sourced by a well-known nutritionist and author Dr Libby Weaver. The information has been written by Weaver and is included in her book *Exhausted to Energized* it has also appeared in NZ life and leisure magazine which is a popular magazine full of credible information. Down the bottom of this article it has some information about Weaver. This makes the source more credible due to it showing that she has got a PHD and has been working as a nutritionist helping clients for two decades.

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

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Weaver is trying to show us that for a healthy gut we need to improve our digestion and eat more foods that consist of vegetables which would help contribute to the growth of healthy bacteria in our guts due to the nutrients and vitamins that they contain. She is trying to create awareness of how to not only improve your gut but also improve your well-being/mood and energy in an easier and efficient way.

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

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This information may affect someone spiritual haoura as they would feel as if they are able to achieve a healthy gut by following what Weaver has suggested to do. They would feel hopeful and they would follow these recommendations every day to try and achieve this. However someone people may find this to not work for them and cause them to become unhappy, sad and

unmotivated to keep on going with their journey to a healthy gut. This would then cause them to feel more sad due to the unhealthy gut having effects on their mood and energy.

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

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

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This information appears to be credible as it has been published on Australian Healthy Food Guide magazine which an editorial advisory board may look over. This board consists of nutritionist and dieticians as well as others. However they have stated that they might not look over every article that has been written and therefore some of the information may not be reliable.

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

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The intention of this article is to show people ways to get more fiber into their systems to help them with their bowel movements and gut. They include a list of foods where you are able to source this from as well as explain relevant information which would make people more aware of what their gut is feeling and how to tell the difference between a healthy gut and an unhealthy one. They have done this to show the importance of fiber in the gut and how to help our guts.

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

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This information would effect someone's mental and emotional well-being as they would be happy that they now know what is wrong with their guts and how they can fix it, they would feel relieved and their spiritual hoaura would also be affected as they would have hope and motivation to make a change to their guts by proceeding to increase the amount of fiber in their diets.

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- (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.

I think that resource C is the most credible as it has not only provided how to tell if you have an unhealthy or healthy gut, if you need probiotics, what the difference is between probiotics and prebiotics, why we need fiber, different types of fiber we need in our diets to have a healthy gut and what foods contain these different fibers as well as the recommended fiber that is need every day in our diets.

The intention of this article was help to raise awareness on why our guts are important to our health and why we need a healthy gut. The information is a guide to someone who might not know what a healthy gut should look like or how to achieve this. The article is also helping people who might have been in pain for a while come to understand why they are in that pain and how to resolve it. They are providing information on how to improve our digestive system, bowel movements and more.

This information provides New Zealanders with happiness and relief as they would understand why they have been in pain and how to solve it. Their spiritual haoura would be affect as they would feel motivation to continue their journey to a healthy gut. This psychical haoura would also benefit from this information as if they were in pain due to their guts they might have not wanted to get any physical exercise however if they are relive of that pain then they would start feeling motived to exercising more and no longer have a constant pain. However some people may see this information as threatening as they may not want to change their diets to get a healthier gut instead their mental

and emotional haoura would be affected as they would be sad and stressed knowing what is wrong yet not doing anything to change the pain that they feel as they would have to give up some of their diet which might consist of high sugar, sodium and saturated foods.

Gut health is very important as if we are getting enough fiber into our diets than it is creating the good bacteria we need to keep it healthy, however if we are not it would lead to pain in our stomachs and may cause bloating, stomach pains, constipation, gas, diarrhea and more. However if we are consuming too much good bacteria it can cause some diseases and would become unhealthy. It is important to have a balance and not have too much fiber or too less. Vegetables and fruits are also needed for our guts as they provide us with vitamins and minerals that help our bowel movements.

## Merit Exemplar 2023

Subject	L3 Home Economics		Standard	91470	Total score	06
Q	Grade score	Annotation				
1	06	<p>This exemplar contained well thought-out in-depth responses. It contains good evidence of well-being and nutritional information throughout the paper. Resource C has been chosen as the most credible source with good explanations. A higher grade could have been achieved by challenging or justifying this choice in relation to the other resources provided.</p>				