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3

91470



914700



NEW ZEALAND QUALIFICATIONS AUTHORITY
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QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

SUPERVISOR'S USE ONLY

Tick this box if you
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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.

Excellence

TOTAL

08

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?

This ad ~~is credible~~ ^{may seem} in the sense that it claims their product "has undergone 10 years of development" and it has been researched by Australian Universities. However it does not go into any detail/specify what kind of studies/test were done, (if they did long term studies on people) & how experienced / the people were who ~~studied~~ developed them. Therefore I conclude this ad to be somewhat credible as although they mention some references they go into no detail.

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

The underlying intention is to sell a product. Although it may seem as though the companies first priority is to benefit peoples health it is in actual fact to advertise & convince viewers that they need to buy this product. Thus they may embellish such an ad to make people more inclined to buy the product, thus benefitting the company.

Extra fibre is also not the only fix for gut issues

↳ therefore this ad

(iii) It could also impact peoples physical health as people who don't require extra fibre believe by taking this product their gut issues will be cured. However they are actually overconsuming fibre which

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

People may end up feeling dependent on using this product as they have been convinced by this ad that the only way to help their gut health is to invest & take products such as this. This is spreading misinformation and capitalising of peoples health issues as brands such as these have convinced buyers that gut health can only be fixed through products and not just focusing on

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

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

This source is ^{quite} ~~scarcely~~ credible. ~~Although~~ The Author, Libby Weaver certainly has valid qualification such as ² a PhD's and an honors, in 3 subjects that are all relevant to the study of the human body in relation to gut health / nutrition. However there are elements that reduce the credibility such as it has been written to advertise her book, lacks any sort of bibliography / sources and has been published by a magazine / lifestyle magazine, instead of a more credible source such as a trust health website such as healthline or WHO.

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

Although ^{the article} ~~it~~ certainly comes across ^{as} ~~as~~ wanting to help people on their gut health journey I believe the underlying intention of this article is to subtly advertise her book. By giving a short snippet of advice she is hooking in ^{can} readers to feeling inclined to buy her book so they ^{can} continue to see her advice. Therefore this anecdote may be biased / simplistic / overly positive to better sell her product to people / make people feel like she has all the answers to achieving a healthy gut.

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

I believe this article has potential to help ones gut health & therefore physical health as the article itself offers some good, simple advice (eg. factors affecting gut health, eating vegetables to aid GH and chewing food properly). However much like the first resource it is again making people feel like they need to buy something in order to save their gut. The book itself may not be very useful or contain heavy bias and therefore may not work for people or make their gut health even worse. ^{(or have advice that could even negatively affect peoples GH).}

Thus it could impact ones physical health and mental health as they believed this book could cure their issues.

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

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

I believe this ad to be ~~very~~ credible. This article has been published in a magazine which has a board of truly qualified individuals. The ~~section inside the~~ ^{disclaimer could} be a sign of this article not being very credible. However I think the fact there is a disclaimer shows transparency / honesty which is preferred to lying. Furthermore I don't believe the article to include any grand / unbelievable statement and instead seems extremely unbiased.

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

Unlike the other two sources, this article has no sign of attempting to sell a product / has an ulterior motive. Instead it offers extremely good advice like consulting your doctor (instead of diagnosing yourself) and focusing on naturally occurring forms of pre/probiotics and fibre instead of encouraging viewers to purchase supplements.

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

I believe this article can positively impact the wellbeing of readers. Gut health is such a discussed topic, it is hard to know who is right, honest and doesn't have bias / ulterior motive. Thus I feel articles such as this, that are straightforward, encourage the ^{& advice} use of doctors / health professionals and simplify / do not capitalise off gut health can make people interesting in learning about this topic less stressed & confused (benefiting mental wellbeing). I also believe it ~~will~~ benefits physical wellbeing as it is simply promoting a better diet, including drink water, eating lots of vegetables & fruit and whole carbs / fibre which can all benefit ones health in more ways than just gut-related.

K fibre™ claims to have 6 main benefits but no study / results are shown to prove this. ~~they~~ In reality perhaps only 5 - the minority of users had these benefits but the act

- (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.

twisted it / left this detail out.

I believe the most credible source, is C. None of these sources are perfect, ~~one~~ and I do not suggest that source C is 100% credible. However I do feel like it is the only source that lacks any sign of bias or a hidden motive. Source C hugely contrasts source A, which is ~~an~~ advertising a process and artificial product, whereas source C simply gives the reader an abundance of naturally occurring foods that can have the exact same or even better results that the fibre powder can offer. It is ALWAYS better to have the most natural diet as possible as a diet that is balanced, unprocessed and natural is what your body actually needs, far more than supplements. Although I certainly feel like resource B is an improvement from A, as it isn't purely an advertisement, I still find it flawed due to the fact it is still attempting to advertise a product. Therefore, despite some info from source B and C even overlapping (both talk about prebiotic vegetables) I conclude it to be less credible than source C due to the fact it includes an advertisement.

Further factors that make me feel inclined to resource C is its transparency, not only in the inside covers disclaimer but in the article itself. As the conversation of gut health is so topical many tend to draw their own conclusions, self diagnose and drastically change

main fibre

(especially when they don't need to)

QUESTION NUMBER

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

their diet. However Recourse C is ^{again} unique to the other 2 sources, it discusses what is normal for a gut to do (which some could mistake as gut issues) and encourages readers to consult GP's, dieticians, & take medical tests. This can be so beneficial for new Zealanders ~~rather~~ physical health as dramatically change ones diet and not consulting health professionals can have huge negative affects on physical health. They also may not be properly informed as to how to properly change ones diet, and therefore may leave out ~~foods~~ ^{with} essential nutrients.

Overall I feel this article has great potential in helping those who are curious about gut health. It delivers unbiased, realistic, and healthy advice in a straight-forward and transparent way. It effectively explains the importance of things like fibre, (its types) pre and probiotics and how to access these without advertising any books, supplements or other ^{products} ^{missing for nutrition}. I believe this article reduces confusion and stress about the topic of gut health, which can benefit peoples mental ^{wellbeing} ~~health~~ and ~~benefits~~ ^{physical} ~~wellbeing~~ ^{by} This article, could even benefit social and spiritual wellbeing. The ~~fa~~ valuable and legitimate advice could lead to people with healthier more natural diets that benefit their gut & overall physical wellbeing ^{thus feeling}

Extra space if required.
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QUESTION
NUMBER

more energied and able to partipate a in activities
that benefit social and spiritual wellbeing.

Excellence Exemplar 2023

Subject	L3 Home Economics	Standard	91470	Total score	08
Q	Grade score	Annotation			
1	08	This is an excellent example of candidate work, by showing evidence with critical thinking. The candidate clarifies the disclaimer in Resource C rather than simply querying what it means. The nutritional advice, holistic well-being, and more than two challenges throughout the paper shows a high level of overall knowledge from the candidate.			