

No part of the candidate's evidence in this exemplar material may be presented in an external assessment for the purpose of gaining an NZQA qualification or award.

# 2

91300



913000



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

Tick this box if you  
have NOT written  
in this booklet

## Level 2 Home Economics 2022

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

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 2–8 in the correct order and that none of these pages is blank.

Do not write in any cross-hatched area (XXXX). 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 91300R** and refer to it, as well as your own knowledge, when answering the question in this booklet.

Include relevant examples from the scenario (Resource B) when answering ALL parts of the question.

## PLANNING

Consider how the following determinants of health affect food choices and well-being:

- access to healthy food
- transport
- social gradient.

### Transport

Car to work

Walking to small supermarket

### Social gradient

Well off

Tamati earns median money

### access

Delivery of cheap foods

Packed lunch.

### Social

prepare meals together.

### physical

Canteen food affect neg  
Homemade food affect pos

### Spiritual

they value spending  
time together / small towns.

mental & emotional

delivery food makes  
them happy - cheap



## QUESTION

- (a) How are the Parata family's food choices influenced by **access to healthy food**?

The Parata family are relatively well off & high on the social gradient as Tamati earns \$58,000 (average NZ income) & Marama works part-time too. This means they have enough money to be able to prioritise buying healthy foods for their family. This can be seen as they have decided to pack their own lunch instead of buying the less-nutrient-dense foods like pies at the canteen. They pack a lunch full of leftovers & sandwiches which are good for them. The access to this healthy food means that they generally make good food choices.

- (b) How are the Parata family's food choices influenced by **transport**?

The Parata family have a car, which helps them get to work & to the supermarket. In addition, living in a small town means they are within walking distance to a supermarket. This supermarket is small, stocks small range of products & is expensive. This makes them not want to shop from there. A 40 minute drive away is a larger supermarket that works out cheaper if they get food delivered. This makes grocery shopping very easy & affordable. This ~~results~~ results in the Parata family getting <sup>nutrient</sup> ~~fresh~~ dense food easily, which will entice them to cook meals more often. The delivery transport influences their food choices by making it ~~easy~~ <sup>affordable</sup> for them.



- (c) How do food choices affect the well-being of the members of the Parata family both **positively** and **negatively**?

Name and refer to all FOUR dimensions of well-being from Resource A in your response.

Kauri & Nikau enjoy buying their lunch from the school canteen. This sells pies, sausage rolls, sandwiches & biscuits. As delicious as this sounds, these foods don't carry any important nutrients the boys need to grow, & have energy. These foods are high in fat, sugar & sodium, which increases the risk of developing high blood pressure, obesity & strokes. This negatively affects the boys' physical well-being. However, they have started to pack their own lunch full of nutrient dense food. This will positively affect their physical well-being as it lowers their chance of getting the diseases mentioned.

The Parata family are relatively high up the social gradient, but can't afford to spend as high amount on groceries either. Buying from the local small supermarket will negatively affect their mental & emotional well-being as they will worry they've spent too much on food. Buying from the supermarket where they get delivered food will positively affect their mental & emotional well-being as it works out cheaper. They won't have to stress about how much they spend on food, which will make them happier.

Tamati & Marama take turns cooking the family dinner meal with ~~the~~ the help of Kauri or Nikau. This is very good for everyone in the



- (d) Explain in detail how the determinants of health (access to healthy food, transport, and social gradient) interconnect to enhance or hinder the Parata family's food choices AND well-being.

All 3 determinants of health interconnect to give the Parata family good well-being & good food choices. They are relatively well-up the social gradient as they own a house & Tamati earns average NZ income. This gives them freedom to buy nutrient dense foods which will positively affect their physical well-being. They have good access to healthy food as they can order food by delivery, enabling them to make nutrient-dense lunches & dinners together. This will positively affect their mental & emotional well-being & their spiritual well being as they know they are feeding their kids nutrient-dense food. They have good transport to work & school as they have a car & bikes. This means they are less stressed from walking or taking public transport, ~~so with make them~~ Less stress on their minds will make them more likely to want to cook homemade meals. They also have good transport in the grocery delivery service, which will take away stress & make them ~~more~~ less likely to order takeaways, which would hinder their physical well-being as they contain high salt, fat & sugar.



- (e) Explain in detail how food choices, made by families like the Parata family, can have an impact on New Zealand society.

Food choices have an affect on individuals health which then has an affect on societies health. If the Parata family didn't have access to healthy food & instead ate less-nutrient dense foods like pies, sausage rolls, & pizza & fish & chips, ~~are~~ they would experience weight gain, high blood pressure & would become more susceptible to diseases like obesity, strokes & heart disease. This will increase the rates of these diseases in NZ. This means that their food choices do have an impact on their health & in turn societies health. In contrast, if the Parata family made good food choices like making homemade meals & lunches, they would maintain good health because the food they eat would be high in nutritional value. This would decrease the diseases mentioned rates in NZ which would positively affect NZ society. It is also good to see families able to buy home is small country towns. This will positively affect NZ society as it gets more people on the property market. The small country town means they need to get groceries delivered, but this is ok because it encourages them to cook homemade meals. This is good because homemade meals have more unprocessed nutrients in them which will positively affect NZ societies health.



Extra space if required.

Write the question number(s) if applicable.

QUESTION  
NUMBER

(c)

family's social well-being because it makes them spend time together. They are a ~~pretty~~ busy family as they work, go to school & do sports. Cooking meals together will give them quality time together where they can strengthen their bonds. This links to their spiritual wellbeing as spending time together is something they all value. Moving to a small town from the big city would be difficult, so they would all value quality family time.

## Merit Exemplar 2023

Subject	L2 Home Economics		Standard	91300	Total score	05
Q	Grade score	Annotation				
1	M5	The candidate identified two determinants of health, one of which was social gradient. Nutrient and food choices are identified but lacked the detail for a higher grade. Implications for New Zealand society are suggested. A higher grade may have been achieved with more detail about the effects on society.				