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91300



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Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 2 Home Economics 2023

### 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 (DO NOT WRITE). This area will 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

Make sure you have the paper **Resource Booklet 91300R**.

## INSTRUCTIONS

Read **Resource Booklet 91300R** and refer to it, as well as your own knowledge, when answering ALL parts of the question.

Include relevant examples from Resource B – Scenario: The Smith family.

## PLANNING

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

- social support
- work conditions
- access to healthy food.

### SOCIALSUPPORT

- From the cafe

-No friendships

-No partner (single mother)

Social - She has constant time with her children, but no friends

Physical - Consumes a lot of starchy, high fiber foods, limited fresh fruits and vegetables

Spiritual - No time for individual time for finding self

Mental - poor mental health for Tania, as she rarely has time to herself, works a minimum wage job, has no friends and is always with young children close in age, good mental health for kids, as consistent bonding time with mother, bad bc no father/second mother

### WORKCONDITIONS

Cannot afford necessities with minimum wage (22.70 - tax)

Works only maximum 30 hours a week (9-3, without breaks)

## QUESTION

(a) How are the Smith family's food choices influenced by **social support**?

**B** *I* U    

There are positives and negatives to the social support (or lack there of) that impact the Smith Family's food choices. For one thing, Tania obviously meets the requirements to qualify for food parcels from the local food bank. Them providing pasta, rice, baked beans and canned/dried food means there is less stress on Tania to have to buy these foods, some of them can be expensive when buying for a family of four, especially on minimum wage. These foods are not just snacking foods, meaning they have to be made into meals, so Tania can make a food plan involving these provided foods for less cost. This also means the children are often consuming meals rather than grazing on snacks and consuming junk food regularly. These foods are also non-perishable and will last a long time/can be saved for future use if there is more than the Smith family would prefer to consume between receiving each food parcel. However, if Tania does not know how to make a meal plan/cannot afford other ingredients to go with the food provided from the food bank, the food may be wasted or they may only consume the food without other ingredients, which would mean they consume many starchy, carbohydrate type foods, which is filling, however it is unhealthy for the human body. All three of Tania's children are of school age and the school does breakfast club, so they all have access to it. The school doing breakfast club means Tania only has to buy cereals to last the three children the weekend, so cereal can likely stretch further in the Smith household, reducing the cost of breakfast foods, though Tania will have to provide enough breakfast food for herself 7 days a week. They can buy an inexpensive, filling cereal such as weetbix, as the kids get variety throughout the school week at breakfast club. In the scenario, it says that breakfast club has cereal, milk, toast, and tinned fruit. This means though Tania cannot easily afford milk, she may be able to cut back on it due to the kids having access to their daily serving of calcium through the school. This applies with the tinned fruit also. Though tinned fruit is not as healthy as its alternative, fresh fruit, the kids (Matt, Maddison and Caleb) all have access to some fruit if their mother cannot afford it for the week, which is better than having none.



(b) How are the Smith family's food choices influenced by Tania's **work conditions**?

**B** *I* U    

As resource B mentions, Tania is a single mother. This means she has no support from a partner to watch the children, and must only work within school hours, as based off of her financial issues and being unable to afford basic necessities, it can be assumed Tania cannot afford to hire somebody to watch her children, and her family is not mentioned in the scenario, so they might not be in the picture. As stated, this means Tania can only work during school hours, which means she works around a maximum of 30 hours (9-3) on minimum wage. This is less than the majority of New Zealand citizens, as they work 9-5, meaning this lessens her already limited pay, which is why she cannot afford cheese, milk, fruit and vegetables. Tania only has about 650 dollars minus tax per week, assuming she works everyday from 9-3. After tax, rent, school fees, power bill, gas, etc, it is likely Tania has less than one hundred dollars for her family for the week. With the rising cost of living, Tania will struggle to provide food to the household for four people, especially quality, healthy foods, limiting the Smith's food choices to inexpensive, likely non-perishable foods. This may mean prepackaged and canned foods that tend to be higher in sugar and saturated fat content, that also contain preservatives. However, Tania also gets lunch provided to her free when she is working, so that is not a factor in her financial budget for the week. Some examples provided were pumpkin soup with fresh bread, and roast vegetable salad. This means around 5x a week, Tania gets a free meal that contains healthy, fresh foods that she may not otherwise be able to afford. She is also able to bring home unsold slices and cakes, which though they are unhealthy, in small portions it is okay for the Smith family, and may help Tania when it comes to purchasing groceries. The school can be described as the children's work conditions. Caleb learning about sustainability will teach him and his family how to conserve food, and make only necessary purchases. The edible school garden being within access and him being able to bring home the extra in season vegetables will provide the Smith family with some fresh food that can be used for meals.

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

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

**B** *I* U    

The Smith family are affected both positively and negatively by their food choices. The Smith family have consistent access to the food parcels from the food bank which provide food to be used for meals. Tania has free lunch 5x a week, while the children have free breakfast 5x a week, meaning an entire meal is lessened from their total food cost. Tania can bring home unsold cakes and slices, while Caleb sometimes brings home fresh, in season produce. Tania having limited income means she likely has to make a consistent meal plan to be able to afford for them all to eat. This has a negative impact on her mental health, due to the stress of finance managing if she is not well versed in the subject, and being unable to afford some produce, likely making different sacrifices each week as she is unable to afford all of it. This likely makes her feel without hope, and potentially she may feel like a bad mother due to being unable to provide all of the things to her children that she would like. She also is without the help of a partner, so she is the only one doing meal prep, which could be positive or negative for her mental health, depending on her attitude towards cooking. This likely has both positive and negative consequences for the Smith children also. Growing up in a house where they can afford little food likely has a negative consequence on their mental health, as you learn to take as much as you can at any given opportunity, and consume all of the food on your plate, as you cannot afford to waste it and do not know when you can afford the food again, creating negative food/eating habits that may have lasting effects into adulthood, and may potentially cause over eating when they grow up and buy their own foods. They also have limited access to sweet foods, with the unsold cakes and slices likely not coming home that often, so as they get older they may feel more inclined to purchase these types of foods, as studies have shown that having constant access to these foods mean that children actually consume them less due to being used to it being around, while not having access makes them want this type of food more, a negative consequence. Physically, the consequences are both positive and negative. A limited access to certain foods may mean that the Smith family do lack certain nutrients required for a balanced diet, however having limited access to foods such as cheese and milk are not necessarily negative. The western diet popularises the overconsumption of foods like this, however with limited money it is likely the Smith family are far more conserving of their food and do not overeat like many citizens of New Zealand do. This will have positive impacts on all of their physical health, as they are not overeating, they are less susceptible to diseases associated with obesity. With them having not much money, it is highly likely that the kids consistently eat at breakfast club, this choice has positive impacts on their social health as they are always with children their own age, getting to socialise. At this age, kids are not as mean about poverty, so it is unlikely they are teased for it. Tania also having lunch at the cafe means she gets to enjoy a meal with people her own age, as with being with children all of the time, it is likely positive for her mental and social health to have a break and socialise with other adults, seeming to be the only time she gets to. Her preparing meals for the family each night likely means they eat as a family, which has positive impacts on their social health. They also forage from the environment, which has positive effects on their mental health as they are outside, positive physical impacts, as they are walking and doing something physical, positive impacts on their social health as this can be used as bonding time for them as a family, and positive spiritual impacts as they are able to connect with their environment again, which is heavily a factor in New Zealand and Maori spiritual culture.



- (d) Explain in detail how the THREE determinants of health from Resource A **interconnect** to enhance or hinder the Smith family's food choices AND well-being.

<div><b>B</b> <i>I</i> <u>U</u> </div> <p>Social support, work conditions, and access to healthy food heavily effects the Smith family's well being. Two of the determinants of health interconnect and hinder Tania's mental health. Tania is a single mother, and she does not regularly have friends over or go to their houses due to her feeling embarrassed, and also not having food to give them. This is caused by her lack of social support and work conditions. However, her work conditions are caused by a lack of social support, and her lack of social support is caused by her not being able to afford foods and feeling embarrassed (due to her work conditions) so they trap Tania in a cycle. As mentioned in the scenario, these have negative impacts on her friendships. She practically never sees them, so this heavily impacts her social health negatively. Having almost no friends to interact with, no romantic partner, and with no mention of Tania's family excluding her children is not just negatively impacting her social health, but her mental health too. She is mostly lonely, and her children are not old enough to be able to help out or for her to be able to talk to about her stress, so she likely has the burden of containing it, unable to tell anyone. These two determinants also negatively impact her and her children's food choices, because with her work conditions and lack of social support, she is unable to afford majority of foods. However, she is not overeating due to being unable to afford to, so though the lack of certain nutrients may have negative physical effects for the Smith family, but being unable to overeat and indulge in the western diet culture of over consumption has positive physical effects for the entire family. Tania being provided the food package, foraging for fresh fruit and being provided with free lunch from her friend's cafe 5x a week, and her children getting free breakfast 5x a week positively impacts their social, physical, mental and spiritual health. Having all of these ingredients means that meal preparation is preferable to make use of these things rather than consuming prepackaged foods or takeout. As mentioned before, this will have negative or positive impacts on Tania's mental health depending on if cooking is enjoyable for her or not. However, this can provide her with the opportunity to teach her children the importance of meal planning, a positive impact on their mental health. She can expand on Caleb's knowledge of sustainable food, and this activity can be bonding for the family, and so can foraging for fruit. This will positively impact all of them spiritually, being able to connect with their environment and culture by learning to cook. So their access to healthy foods, Tania's work conditions and social support is enhancing these aspects of their health. Tania's work conditions, social support and access to healthy food enhances her relationship with her children, so enhances their social health in some areas. Working only in school hours and having to cook meals means the children will always have her around, which is very good for their mental and social, and Tania will also feel positively about being there for her children's milestones. It means she will have time to take her children to their sports, their extra curriculums, and any after school activities, however she will always have to miss ones that are during school. These areas also enhance their mental health as they learn the skill set of reducing food waste and making food last.</p>

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

<div><b>B</b> <i>I</i> <u>U</u> </div> <p>Food choices impact New Zealand society in many ways.</p> <p>For example, their food choices involve consistent meal preparation and eating with each other or other people. This is a positive impact on society because it encourages us to socialise over mealtime rather than opting to each in front of the TV, a practice many New Zealanders in our society have taken up. Meal preparation is an important skill set to learn, which in doing so would enhance skills of New Zealanders and help society to learn to make use of the foods provided to us, reducing food wastage. Their food choices are heavily centred around making use of what is provided by others and the land. Foraging from the land can impact New Zealand society, as we are heavily influenced by western diet culture, learning to lessen our consumerism as many families like the Smith family and families like them do would not just positively impact New Zealand society, but the world. Food wastage is a large issue in New Zealand and worldwide, so making these choices is a positive impact as it lessens these habits. It also lessens overeating, positively impacting physical health which in turn means they are fit to work for specific jobs, positively impacting New Zealand society. Lessening overeating habits also has a positive impact on New Zealand society because it means our food can either be distributed more widely through New Zealand for everybody to take advantage of, or can be exported for more income into our society. Meal preparation is also positively impacting NZ society as it has positive impacts on physical health. Consuming less prepackaged foods is good for your physical health, decreasing the rate of diseases associated with obesity. Obesity is a rising issue in New Zealand, affecting a third of the adult population, which increases consumerism in our society, increasing cost of living as demand for food increases, and negatively impacting the mental health and depression rate in New Zealand due to poor physical health impacting your mental health. So learning to forage, meal prep, take home leftovers, and freeze leftover fruit for future use as the Smith family and many other poorer families do will have lasting, positive effects on society, such as lessening the depression rate, obesity rate and in turn heart disease rate, lessening the cost of living for everybody due to a lesser demand for food, and making life easier for all of New Zealand society. In conclusion, families that come from lesser wealth such as the Smith family make many positive choices to do with conserving and making their food last that are contrasting to our western habits, that will have lasting positive effects on New Zealand society, and can be learned from to positively impact society and everybody as individuals.</p>

## Excellence

**Subject:** Home Economics

**Standard:** 91300

**Total score:** 08

Q	Grade score	Marker commentary
One	E8	<p>The response shows good planning. Social support links with well-being are discussed in the explanations.</p> <p>The candidate has provided well-detailed answers in all parts of the assessment, with supporting evidence; for example, in part a the candidate makes interconnections by suggesting cheap but nutritious food to help with both budget restrictions and to get the benefits of good food on physical well-being.</p> <p>This answer shows thought given not only to healthy eating as provided by the school breakfast club but is extended further by making links to cost savings for the family and to Tania's minimum wage income.</p> <p>The candidate continues with a similar standard of answer, giving detailed examples to show insightful and considerate thinking. Connections are made between well-being, food choices, and determinants of health. Further evidence of this is provided in part (e) with the candidate explaining how the interconnections affect individuals and society.</p>