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2

91300



913000



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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 (X). 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

07

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.

Access to Healthy^{Food}: dependent on income, transportation, work/^{school}

- income is average so they can afford groceries but only eating out occasionally. = mostly healthy options
- School provides a canteen which ↑ accessibility = unhealthy
- the grocery store nearby has limited options + they are expensive = less access to foods
- Shipping groceries from large supermarket = ↑ access

Transport:

- living farther away~~to~~ = not as good (takeaway, spending)
- only having 1 car limits transportation. = less access/ bad food choices.

Social Gradient

- Their income both allows them to buy healthy foods but limits eating out = positive, good choices
- Social-ladder.

QUESTION

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

Having access to healthy foods is dependent on income, transportation and food options at work/school. Having good access to healthy foods will lead to ~~better~~ better food choices. For the Parata family, they have an average income of \$58000 per year. This means they have enough money to buy healthy foods. For example, buying ^{fresh} ingredients for sandwiches, wraps and fruit for lunch. Kauri and Nikan usually get pies, sausage rolls, sandwiches and biscuits at school because it's within easy access - they have the money, it's located at their school and it's already prepared for them. The family chooses from a variety of foods at the large supermarket. This gets shipped to them for \$9, though the food is generally cheap. This increases their access to healthy foods (a variety of fruits + veg/cont'd) *plus the money Marama makes.

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

Having a reliable ~~access~~ transportation option is important in order to make good food choices. For the Parata family, only having one car means that it's difficult to go grocery shopping, especially when Tumati is at work. This could lead to the family getting takeaway from their local fish'n' chips shop which is an unhealthy food choice. The family lives far from a big supermarket with a variety of healthy options at a low cost. This, along with their limited transportation options, can make them order takeaway (fish'n' chips), an unhealthy option. Being able to walk to a small grocery store is good as, if the family is missing 1 or 2 ingredients for lunch/dinner, they can easily walk to a grocery store.

- (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.

Because the boys have access to a canteen at school, they often used to buy unhealthy foods like pies, sausage rolls, sandwiches and biscuits. This has a negative effect on their physical wellbeing since these foods are often high in fat, sodium and sugar. This can cause lifestyle disease like obesity from an excess of energy stored as fat or heart disease from the high-sodium in pies and sausage rolls which can harden arteries. The sugar in the biscuits can also cause tooth decay and type-2 diabetes where the body cannot process sugars. Eating these foods can also cause negative effects on their mental wellbeing as the foods served at the canteen will make them feel tired, unmotivated and sluggish. This is because of the high fat and sugar content in the foods that are served. Ordering and eating these foods increases their social-wellbeing since they do this at school with their friends and can talk about their day, school, or the food. This will make them feel more valued in their group of friends. Consuming these foods could negatively affect their spiritual wellbeing, especially if they believe in eating healthy or have goals such as spending less money or performing better in sports practice. Both of these things can be affected by their food choices.

Now, the family buys and prepares healthy lunches together which will have a positive impact on their physical wellbeing. For example, a sandwich that contains low-fat deli meat (e.g. shaved chicken), lettuce, tomatoes, hummus, and whole-grain bread* served with a banana and 2 Lotus biscuits is an overall...
* and a slice of low-fat cheese.

- (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.

Having limited transportation options and living a far distance away from a grocery store limits the families access to healthy foods since the store nearby does not sell a wide range of foods. This is limited more by the social gradient since the family doesn't make enough money to buy foods at the local, more expensive, grocer. This makes the family order from a large supermarket which has a larger variety of food, taking the stress out of driving and shopping, allowing them to pick healthy food options^{and} saving money. This means they make healthier food choices (especially since they must look up the items online rather than impulse buy), increasing their access to healthy foods, eliminating transportation issues, and allowing them to save money (social gradient). This also improves their wellbeing by eliminating stress around driving and shopping (mental), eating a variety of nutritious foods that prevent lifestyle disease (physical), allow them to buy foods that fit their cultural background / Maori cuisine (spiritual) and allow them to spend more time together e.g. not having to spend 1hr 20m in the car + time shopping (social). Not making a lot of money (social gradient) can limit the families transportation options as they cannot afford a car (especially because they now live further away from grocery stores). This inversely limits their access to healthy foods which has a negative impact on their food choices and wellbeing. The family uses delivery to ~~fix~~ fix these limitations.

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

The Parata family doesn't shop at the local supermarket as it's too expensive (social gradient) and limits their access to food by providing only a small variety. This leads to the family ordering from large co-ops/supermarkets who deliver their groceries. These companies usually have more food waste and release carbon ~~emissions~~ emissions through delivery, negatively affecting NZ's environment/air quality. This is also bad economically as it's putting the local shop at risk of going out of business. A lot of families in NZ, especially in the countryside, are low/middle class and so they are likely to live like similar to the Parata family and therefore also contribute to underlying issues faced in NZ*.

The NZ government provides FNG's as well as the ideal plate model to support healthy eating in NZ and enhance the intellectual wellbeing of individuals in NZ, like the Parata family, ~~of~~ by providing nutritional information and healthy food ideas.

The boys school provides kiwis/kids that go to the school with increased access to food though income (social gradient) issues could mean the kids cannot afford food from the canteen. This supports the idea that it's normal to have pies and sausage rolls for lunch, exposing NZ kids to unhealthy foods and creating unhealthy food habits.

This will negatively impact their ability to concentrate at school as well as increase the risk of lifestyle disease..

*that being said, initiatives like food delivery increase NZ citizens access to healthy food by providing an option for those with limited transportation and income, like the Parata family.

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

QUESTION
NUMBER

a) The fish 'n' chips shop is located near their house, which increases the families access to ~~fast~~ unhealthy food, leading to the kids often purchasing chips after school/sport.

~~11~~

c) balanced and healthy meal that contains wholegrain carbohydrates and fibre from the bread supporting healthy bowels and providing energy, a source of lean protein from the deli-meat which repairs and grows muscles, calcium from the cheese which builds strong muscles, vitamins in the lettuce and tomato, hummus contains fat from olive oil which allows fat-soluble vitamins to be digested and is a source of energy. Finally, potassium in the banana which regulates functions in the body and 2 Lotus biscuits for enjoyment, in moderation. This will make the family feel energized and motivated throughout the day. This will also make them feel good about their choices - eating healthy and saving money ^{*} ~~as well~~ which improves their mental and spiritual wellbeing (reaching their goals). Cooking together, including dinner once a week, gives them more family time - improving their social-wellbeing. ^{*} and will help to improve their knowledge in food preparation. Going to the fish 'n' chips shop after school, or whenever the family is out of groceries will negatively impact their physical wellbeing as fish 'n' chips are high in fat and sodium, causing lifestyle diseases like obesity and heart

Extra space if required.

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QUESTION
NUMBER

disease. This will increase quality time with the family^{brothers} as they can relax and not worry about cooking or dishes. This can also make them feel good, especially if they really enjoy fish 'n' chips which improves their mental and spiritual wellbeing. Overall, getting fish 'n' chips or food from the school canteen OCCASIONALLY will not have major affects on their physical wellbeing and is overall positive.

- e) among new zealand. Having a generation with more lifestyle diseases will cause negative affects across New Zealand. For example, obesity will cause more people to be hospitalised, causing people with other underlying diseases to have to be on a waitlist to be treated. Obese people also need large beds and more staff to be taken care of. This will increase taxes to all NZ citizens and limit funding to other important sectors liking housing and transportation. This will also create an overall unhealthy culture in NZ which supports unhealthy food habits. Lastly, this will limit the time parents can spend with their kids when they are dealing with a lifestyle disease. This is especially important as, to support the childs overall wellbeing, they need to spend quality time with their kids and develop good habits and a young age.

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Excellence Exemplar 2023

Subject	L2 Home Economics	Standard	91300	Total score	07
Q	Grade score	Annotation			
1	E7	This exemplar contained great detail and was clearly written. A higher score of 08 may have been achieved by a more detailed discussion about the effect on spiritual well-being.			