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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.

Merit

TOTAL 05

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.

social support- food bands the children getting to eat breakfast at school

work condition- her friend letting her have free lunch and bringing home slices to her family,

access- trees, garden at school, banks

QUESTION

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

B I U    

As stated Tania is struggling to afford basic essentials due to the increasing cost of living so to feed her family she needs social support. Without any social support Tania would probably not have enough food to feed her family and they would go hungry which would negatively affect the whole family's physical and emotional well being as they would not be getting the proper nutrients they need or enough food to full them up. The whole family would become tired, weak and could possibly become ill due to the lack of vitamins and nutrients. Tania is presented with many forms of social support such as receiving food parcels from the local food bank and her children being able to eat breakfast at school. Since the family doesn't have much of a choice when it comes to the food they eat as they can't afford to be picky and can only eat what they are provided with this affects the Smiths family's food choices a lot. The family does not get much of a choice so they cannot choose to get healthy fresh fruits and vegetables in their food packages if they wanted to make more healthier meals. If the food bank decides to put in no canned vegetables or fruits and only things such as pasta and rice then their diet will become extremely in-balanced but they do not have much of a choice. It is the same for what the children eat at school for breakfast. They do not get a choice and can only eat what is provided to them which shows the Smith family don't have much of an influence on what they eat instead the social support around them.

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

B I U    

The Smith family's food choices are very influenced by Tania's work conditions. As Tania gets free lunch at work and slices and cakes to bring home this means that she can save the money she would otherwise spend on her own lunch and cakes and slices for groceries so the Smith family gets more of a choice when it comes to buying their food. This will have a positive impact on the whole family's mental health as it will allow them to all be less stressed out about whether they will have enough food to get through the day. It will also positively affect the Smiths' physical health since Tania can spend more money on groceries this means that they can get healthier food which is a bit more expensive which they may not usually be able to buy. This food will give the family a good source of vitamins and nutrients to ensure their body is working properly and healthy. Although Tania gets very little influence over her choice for lunch as she is only allowed to have the special of the day, the special of the day seems to be something usually healthy and nutritious which is good for Tania's physical well being as she gets some good nutrients and vitamins. For example one of the specials is a roast vegetable salad, this salad probably contains foods such as kumara or potatoes which is a good source of carbs, and probably has some leafy greens in it too which contain vitamins A and B. These vitamins and nutrients will help keep Tania's diet balanced and keep her from becoming sick.

(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    

Although it comes across as tough for the family their food choices can have many positive affects on their well being, for example since they have to forage for fresh fruits on trees this can have positive affects on their spiritual hauroa. Foraging in natures and collecting fruit from the land yourself can make you feel more connected with your local environment and start to even form a connection with it. Due to foraging the whole family has most likely created a better understanding of their local area and even felt more at peace with it. Due to Tania's eldest child Caleb learning about sustainability at school this has had a positive impact on the whole families physical hauroa as he has been given the choice to bring some of the food they have planted in the edible garden. This means that the family has been able to receive fresh vegetables such as lettuce and broccoli which they otherwise may had to miss out on since they wouldn't be able to afford it. These vegetables are packed with vitamins and nutrients as lettuce and broccoli contains vitamins A and B. Sadly due to the rising cost of food limiting Tania's food choices to small portions just enough to feed her kids this has had a negative affect on Tania's and the Smiths families social hauroa. Due to their limited food choices Tania feels like she can no longer invite friends to her home, or even go over to others homes as she cannot bring food with her to share. This has had a great impact on Tania as she avoids spending time with friends now which can lead to her being lonely and even lead to mental illnesses due to this loneliness. In general the fact that the Tania finds it difficult to get the money to feed her family this can cause a huge strain on Tania's emotional hauroa. Her limited food choices has most likely lead her to constantly feel stressed not knowing weather she can feed herself and her kids, she has probably then portrayed this stress onto her kids then affecting the whole families emotional well being. If the kids know about how they are struggling to get by then this can also cause them stress as they will become scared and under pressure.

(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.

B I U    

Since the social support that the Smith family receives such as parcels from the food bank and the breakfast club at the kids school this allows the Smith family an access to healthy food which they most likely would of missed out on with no social support. Without any social support the Smith family would only be relying on a small amount of groceries which aren't garenteed every week due to lack of money, and the food they find when they are foraging along with the small amount of vegetables Caleb brings home. This is not enough food for a whole family and this would of had terrible affects on the family emotional, and psychical hauroa due to them not getting the nutrients they need. Due to all the social support they revive it makes it a lot easier for the family to get by and it also allows for Tania to not rely on her work conditions, if she had no social support it would be most likely that Tania would have to save the lunch she gets for free to feed her children leaving her hungry with the only choice of food being cakes and slices. Without any social support they would have little amount of healthy food as it is usually more expensive to but then junk food. The whole family would have to rely on the cakes and slices they get which would lead to them all having an unbalanced, and unhealthy lifestyle where they would be consuming too much sugar and not enough fruits, vegetables and protein. This could then lead to the whole family becoming constantly sick as there immune system has become weak as it cannot fight off diseases without the help from vitamins and nutrients. Without assess to healthy food through social support Tania would be constantly sick and most likely not be able to come into work, this would dramatically affect the family as there would no longer be a constant income. They would also stop getting the slices and cakes they revive from Tania's work meaning they would have to spend more money on groceries but since Tania is sick they could only rely on the social support which is not enough to feed the family all the time.

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

<div>B <i>I</i> <u>U</u> </div> <p>Food choices made by families such as the Smith family can have a massive impact on New Zealand society because this family shows how the affects of the increased cost of living can have on New Zealand families and how it can very negatively affect their hauroa. Since the cost of living went up and the Smith family started to rely on food parcels more it is extremely likely that many other families around New Zealand did they same. If New Zealand society becomes aware of the increased demand of food parcels once the cost of living goes up it shows how many families are on the boarder of poverty and desperately need social support just to get by. Tania is a perfect example to society how food choices can affect all aspects of your life and how hard it can be, since Tania is ashamed she cant give her friends food when they come over she no longer invites them having a very negative impact on her social hauroa which can further lead to mental health issues which can increase our mental health crisis in New Zealand. This Since Tania is also having to send her kids to breakfast club the families food choices make it aware to the school that they are also stuggilign financially to feed their whole family nutritious meals. Also since the Smith family go out and forage for some of their food along with relying on the garden at the school this makes it clear to New Zealand society how important it is to have many different community gardens/community sources of food. Tania relays on the fresh fruit she collects fro trees in public places to feed her family and so they all get the proper nutrients they need, without these trees the Smith family would get no where near the amount of fresh fruit and vegetables they need so that their family can keep healthy and this would negatively affect the whole family physical haoura. The Smith family also enhancing their spiritual Hauroa when foraging is another reason for NZ society to see the importance of these public gardens/trees and how without them it can affect a families, emotinal, physical, and spirital hauroa.</p>
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Merit

Subject: Home Economics

Standard: 91300

Total score: 05

Q	Grade score	Marker commentary
One	M5	<p>The candidate has provided good explanations with detailed examples of how well-being is affected by food choices. A focus on the positive ways of accessing healthy food is provided for both food choices and determinants of health.</p> <p>For example, in part b the candidate explains, "As Tania gets free lunch at work, slices and cakes to bring home, this means she can save money she would otherwise spend on her own lunch... This would have a positive impact on the whole family's mental hauoura as it will allow them to be less stressed about whether they would have enough food to get them through the day."</p> <p>In part c, examples of Merit level answers were also evident. For example, "Although it comes across as tough for the family their food choices can have a positive effect on their well being, for example since they have to forage for fresh fruits on trees this can have positive effects on their spiritual hauoura. Foraging in nature and collecting fruit from the land yourself can make you feel more connected with your local environment and start to even form a connection with it."</p>