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91300



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Level 2 Home Economics, 2018

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

2.00 p.m. Friday 23 November 2018
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.

You **MUST** use the resources provided in the resource booklet to answer the questions.

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.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

Merit

TOTAL

05

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INSTRUCTIONS

Read **Resource Booklet 91300R** and refer to it, as well as your own knowledge, when answering the question in this booklet.

Use the space below to plan, then begin your written response on page 3.

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PLANNING (OPTIONAL)

Determinants

—————> **Food Choice**

—————> **Well-being**

Stress

Long hours

Concerned about weight gain, exhaustion

works in hospital so knows what diseases are like

Access to healthy food

Social gradient

Basketball - connections, sense of belonging
- stressful times help it

Steady income - can play sport

QUESTION

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Interconnections between three determinants of health (stress, access to healthy food, and social gradient) will impact on the Hayes family's food choices and well-being, as well as on the society in which they live.

- (a) How do EACH of the three determinants of health positively and/or negatively affect the Hayes family's food choices, and their well-being?

Include at least ONE detailed example for each determinant to support your answer.

Stress

Stress is a determinant of health that affects a family's food choices. Both John and Mere work ~~long~~ tiring and energy demanding jobs that pay well but leave them rundown and exhausted. Because of the pressures of having to work late to meet deadlines, ^{John is often too tired to cook dinner so} John often resorts to ~~buying~~ buying takeaways to feed his family. Mere's ~~job as an~~ ^{job as an} emergency doctor makes it difficult for her to have a routine at home, because of the long shifts and weekend work involved with it. To relieve the family of some stress, the children's grandparents regularly pick them up from basketball trainings and cooks them a ~~rich~~ ^{rich} in vegetable meal. Both the children sleep ~~in~~ ^{so to get} making getting to school on time they must sacrifice their breakfast in the morning. This results in having to buy cheap filler food from the dairy. These cheap filler foods do not provide the family with the nutrients to keep their body healthy. (see page 8)

Part (a) continues on the next page

Mere works as a doctor at Wellington hospital so she knows first hand the ~~off~~ effects of a malnourished diet can have on the body. Mere may feel stressed because she is the 'woman of the house' she may feel

Access to healthy food

Access to healthy food affects the Hayes family's food choices. ~~Because the two children Sam and Aroha are often left home alone with~~ John's job requiring him to ~~go~~ travel overseas and Mere's job requiring her to work long hours, ~~they are~~ beginning from as early as 7.30am, the children are often left home alone to cook/prepare their own breakfast and lunches. Because neither Sam or Aroha are old enough to drive they are often limited to the food ~~in~~ ~~already~~ inside the fridge/pantry provided by their parents. This includes nutrient deficient foods such as two minute noodles. Time also affects the children's food choices as both Sam and Aroha ~~re~~ often sleep in, meaning they rarely have time to make ^{nutritious} ~~in~~ ~~their~~ ~~own~~ breakfasts and lunches such as weetbix and porridge. This means they have to rely on biscuits and chips to get them through the day and to make it to school on time. Money is another factor that influences the Hayes family food choices. Because John and Mere do not have time to cook homemade meals

for the children, they give the children money so that they can buy there lunches as apposed apposed to a homemade lunch.* (see page 8)

Social gradient

The social gradient is a continuum based on peoples socio-economic status. The Hayes family are relatively high up in the social gradient, they have two steady incomes, this allows the

~~children Sam and Aroha to play Basketball and means that they~~ family access to a car and means that they can also afford petrol. This

~~often means that~~ Because the John and Merve's jobs leave them to tired to cook at the end of the day, they often use their car to

Purchase ~~be~~ unhealthy takeaways such as KFC. The family could buy healthy and nutritious foods however their jobs at do not allow them the time and effort to do so. The Hayes family live in a wealthy suburb so it is likely there are supermarkets and vegetable stalls in the family's area. However, John and Merve are not able to shop at these places as their store opening hours do not co-inside with John's and Merve's busy work schedule. //

- (b) Explain how the interconnections between the three determinants of health (stress, access to healthy food, and social gradient) will affect the Hayes family, AND New Zealand society.

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Stress, access to healthy food and social gradient are all determinants of health and are all interconnected. The Hayes family live in a wealthy suburb with two steady incomes. This means that they can afford a healthy, clean home and afford food items such as milk and bread. This means that they have access to healthy foods that can provide them with the necessary nutrients. However, ~~this is not what gets~~ because John and Mere work long, exhausting hours they often have to settle for takeaways that are quick and easy. This means that they are not receiving adequate amounts ~~of fruit and~~ nutrients that are vital to health and ~~Physical wellbeing.~~ ~~Because the family is not consuming many nutrients,~~ ~~Mere is stressed has noticed that~~ Sam and Avaia are lacking energy, struggling to concentrate and beginning to gain weight. John and Mere are also starting to gain weight and feeling exhausted and rundown. Mere is becoming stressed over the health of herself and her family. The time the family has to prepare and cook healthy foods is also contributing to her family's declining health status. ~~If the children continue to eat their same unhealthy life style diet of chips, pies and biscuits. These foods are high in salt, sugar and fat.~~

~~foods such~~ This means ~~child~~ the family has to eat foods that are quick to prepare but are high in salt, sugar and fat e.g. pies, chips, biscuits. ~~The~~ If the ~~children~~ ^{family} continue to eat their unhealthy diet, diseases such as diabetes, high blood pressure and obesity could arise as a lack of nutrients and over consumption of sugar, fats and salt. ~~Mere works as a doctor~~

~~This~~ The weight gained by all members of the Hayes family will be affecting their physical and mental health. members from the Hayes family may become self-conscious about their physical appearance and therefore be reluctant to go out and meet up with friends. This may cause them to become socially isolated ~~and~~ which can create feelings of depression. They may also be reluctant to ~~meet or far~~ meet with family as they are afraid of what they might think of them. This would cause them to cut off social support that would be useful to them in times of stress.

Extra space if required.

Write the question number(s) if applicable.

ASSESSOR'S
USE ONLYQUESTION
NUMBERaccess
to
healthy
food

*The Hayes family live in a wealthy suburb with two steady incomes. This means they can afford to give money to their children to buy their lunch. The children use this money to buy unhealthy 'junk' food e.g. pies for breakfast at ~~their~~ local dairy they pass on the way to school. Having this money also allows them to purchase food from the school canteen. The children have ~~a~~ ~~so~~ their grandparents as a social support to cook healthy meals for them, this gives them access to fresh vegetables, ~~this~~

this will affect their physical health/wellbeing.

91300

stress

** responsible for the health and wellbeing of her family and feel as though she is failing her family and her family's poor health is all her fault. This will be affecting her ~~mental~~ emotional ~~her~~ wellbeing.

Merit Exemplar 2018

Subject	Level 2 Home Economics		Standard	91300	Total score	05
Q	Grade score	Annotation				
1	M5	<p>The candidate explains, with detailed examples, the effects of two determinants of health on the family's food choices and well-being (e.g. "Mere may feel stressed because she is the 'woman of the house' she may [also] feel responsible for the health and wellbeing of her family and feel as though she is failing her family ... This will be affecting her emotional wellbeing"; "The children have their grandparents as a social support to cook healthy meals for them, this gives them access to fresh vegetables").</p> <p>The candidate explains two dimensions of well-being with detailed examples (e.g. "sugar, fats and salt. The weight gained by all members of the Hayes family will be affecting their physical and mental health. Members of the family may become self-conscious ... reluctant to go out and meet up with friends ... may cause them to become socially isolated"; "take-ways that are quick and easy. This means that they are not receiving adequate amounts nutrients that are vital to health and physical wellbeing").</p>				