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2

91300



913000



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Level 2 Home Economics, 2019

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

2.00 p.m. Tuesday 19 November 2019
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 2–10 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.

Excellence

TOTAL

07

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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.

PLANNING (OPTIONAL)

How do the determinants of health affect well-being and food choices?

Access to healthy food

Erena works long hours
- good pay

Free meals for staff

Henry cycles

walk to their market

Canteen food

knowledge on what's healthy

Food choices

• The family are able to afford healthy foods

• often processed foods

• buys ice & energy drink

• buying fresh fruit & veg

• more expensive but healthy options

• making better food choices

Well being

• feel good physically for eating nutritious meals
• less stress as they can afford good food

• physical - high in fat, salt, sugar
~~more energy~~
• high in caffeine, sugar, fat

• supporting locals
• eating nutrient dense foods

• mental - might feel bad because of it

• All round better wellbeing

Social support

Erena @ work

-VE

Aroha @ school

+VE

- good canteen food

- FNT classes

Linton & Aroha help prepare/cook

Parents

tea on Sundays
- eggs, meat

-VE

Other determinants in the scenario

Social gradient

good jobs

educations

close to market etc

car/house

QUESTION

- (a) (i) How are the **food choices** made by the Rahapa family influenced by opportunities to access **healthy food**? Give at least one example from the scenario to support your answer. Healthy food is a determinant of health.

Access to healthy food:

The food we eat is heavily influenced by what's available to us. The ~~Rahapa~~ Rahapa family are lucky to have easy access to healthy foods. Erena works long hours but gets paid well. This ~~often~~ leaves the family with enough money to buy nutritious foods such as fruit and veg. They are able to walk to the market which positively influences food choices as living near makes it easy and they won't need to pay for petrol. Erena works for a large company which provides free meals. They are processed and likely to contain large amounts of sugar, salt, and fats. Henry also indulges in high fat foods such as pies and energy drinks loaded with caffeine. Henry & Erena should both work together to make their own lunches to make better food choices. The two kids both buy lunch from the canteen once a week. This food is often healthy and Aroha also takes PNT at school so has knowledge on what healthy food looks like. Her & her brother tend to prep & cook tea as Erena & Henry are often busy/tired from work, which often follow NZ guidelines on Food/Nutrition.

- (ii) How are the **food choices** made by the Rahapa family influenced by their network of **social support**? Give at least one example from the scenario to support your answer. Social support is a determinant of health.

Network of social support:

The Rahapa family live reasonably close to Erena's parents so every Sunday they visit them. Erena's parents live on a farm with several animals such as free-range chickens. Aroha & Linton help care for the animals and in exchange get

Question (a)(ii) continues on page 4 ►

to take home fresh eggs & home-kill. The social support from the grandparents means that the Rahapas are able to eat high protein ~~meals~~ meals for cheap. Another way the Rahapas are socially supported is through the kids school. Aroha and Linton's school canteen offers healthy foods whereas many don't and just sell processed, fatty foods such as pies/needles. Aroha also takes Food and Nutrition at school which teaches her about how to make healthy food choices. The social support from the school also means that NZ Food/nutrition guidelines are closely followed.

- (b) How do the Rahapa family members' **food choices** affect their well-being, positively and/or negatively? In your answer, refer to the **dimensions of well-being**.

Energy ^{and Henry} makes a choice every time ~~they go~~ ^{go} to work without their own lunches and instead eat processed foods. Doing this has a negative effect on their physical well-being as foods high in fats, salt, sugar and caffeine affects the way the brain functions, the risk of disease such as diabetes, heart disease, obesity, cancer etc. It also has a negative effect on mental well-being as it can make you feel sluggish, unmotivated and grumpy.

The resource don't say much about Aroha/Linton's food choices but we can assume they make their own lunches through the week except Friday. With Aroha's nutritional knowledge you would expect the lunches to be healthy. This has a positive effect on their overall well-being as they will physically benefit from a good diet. It will make them feel full of energy and keep them well-nourished in order to grow healthy. It may have a positive effect on their spiritual well-being because if doing well is something Aroha values then

it is good if she carries out that value.

Eating with the grandparents weekly also has a positive affect on the Rahapas overall health. They are able to eat a satisfying, nutritional meal and take some home which means they are well nourished keeping their physical health good.

their grandma makes baking for them which can negatively influence their health if too much is eaten.

~~But~~ Seeing the family has a positive effect on everyone's social well being as they are able to support each other and talk about things, for example work stress, and make it more manageable.

- (c) Explain how access to healthy food, social support and **at least one other determinant of health** affect the Rahapa family's well-being. In your answer, **consider interconnections** between the dimensions of well-being, determinants of health and food choices.

access to healthy food, social support and social gradient all work together to determine food choices and well-being. The Rahapas are quite high up the social gradient. This means they have a home, a car, jobs, education and nutritious meals. By having the social support that they have, the Rahapas are able to have better access to healthy food which puts them up higher on the social gradient. This has a positive impact on all areas of their well-being. ~~As~~ They are able to afford good food, they can limit their stress as it's one less thing to worry about. This means they should be reasonably healthy both physically and mentally. At work, both parents don't have the social support they need to eat healthy foods. For example, Erena's work provides free meals for staff. These meals are processed convenience foods. The ~~work~~ company could instead provide healthier alternatives such as ~~sandwiches~~ fruit. Fruit is still convenient as there is little to no prep involved, however it has less fats and salt content than most junk food making it a better option. ~~By doing~~ Another way the company could work on having healthier meals for a cheap price still is by making anyone that wants to bring a plate. This solution is a good way for people at work to socialise on breaks which could reduce some of Erena's work related stress and could also be a way for her colleagues to be introduced/introduce Erena to new/different food choices.

- (d) Discuss the ways that the food choices made by families such as the Rahapa family can have an impact on New Zealand society. Relate your answer to the scenario in the resource booklet.

At home, the Rahapas tend to ~~have~~ make healthy food choices. If more NZ families made healthy food choices then we would see less people falling ill with diseases such as heart disease and ~~di~~ Type 2 diabetes. Erena and Henry both have unhealthy eating habits at work

Question continues on page 8 ►

however. If they were to eat the same processed foods they eat at work at home too then it could result in the children then picking up bad eating habits. If more NZ families were like this all the time then obesity rates would continue to rise, heart disease, ~~strokes~~, cancer and type 2 diabetes could be more common issues and this would result in more people being hospitalised/~~sent~~ to the doctors. Illnesses such as cancer often go on for months and take a lot of time to recover from which can mean employment rates drop as people will need to take time off work.

However if Erend's work put on healthier lunches or her and Henry made their own lunches to take to work then we could see an opposite effect on what was stated and instead see more people living healthy, active lives.

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

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QUESTION
NUMBER

Excellence Exemplar 2019

| Subject | Home Economics | | Standard | 91300 | Total score | 07 |
|---------|----------------|---|----------|-------|-------------|----|
| Q | Grade score | Annotation | | | | |
| 1 | 07 | <p>The candidate showed a comprehensive analysis of the relationship between well-being, food choices and the determinants of health.</p> <p>Detailed interconnections were shown, including how they affected individuals and society.</p> <p>For example, the candidate commented: 'If more NZ families were like this then obesity rates would continue to rise ... heart disease, strokes, cancer would result in more people being hospitalised ... which could mean employment rates drop as people take time off work'.</p> <p>The student made the connection that if Erana's work presented healthier lunch options to workers, positive health effects would occur.</p> <p>Three determinants (e.g. access to healthy food, social support and social gradient) were analysed, with interconnections made to stress.</p> <p>Areas of well-being were discussed, but this was an area of the candidate's answer that could be more comprehensively analysed for an E8.</p> | | | | |